



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Gudehus, Dirk

Club: Team Erdinger Alkoholfrei Werne
Number: 2718

Course: 42.00 km
42 km Lauf

Category:
Senioren M45

Total time: 4:27:00

Speed: 9.44 km/h
Running performance: 6:22 min/km

Rank in course/Total: 20 (of 56)

Rank in course/Men: 20 (of 46)

Best time in course: 3:09:35

Rank in category: 5(of 7)

Best time in the category: 3:09:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:02:28	6:16	5	38:34	21	1:21:57	19.50	2:02:28	6:16	5	38:34	43	1:21:57
Finish	22.50	2:24:32	6:25	5	38:51	18	38:51	42.00	4:27:00	6:21	5	1:17:25	20	1:17:25