



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch
Bödefeld / 11.05.2013

Detailed evaluation

Sulitze, Wolfgang

Club: Roter Teufel
Number: 2746

Course: 42.00 km
42 km Lauf

Category:
Senioren M45

Total time: 4:27:03

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

Rank in course/Total: 21 (of 56)

Rank in course/Men: 21 (of 46)

Best time in course: 3:09:35

Rank in category: 6(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Nasse Wiese	19.50	2:02:29	6:16	6	38:35	22	1:21:58	19.50	2:02:29	6:16	6	38:35	44	1:21:58
Finish	22.50	2:24:34	6:25	6	38:53	19	38:53	42.00	4:27:03	6:21	6	1:17:28	21	1:17:28