



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

Detailed evaluation

Luerweg, Heinz

Club: Dorsten  
Number: 2766

Course: 42.00 km  
42 km Lauf

Category:  
Senioren M60

Total time: 4:27:06

Speed: 9.43 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 22 (of 56)

Rank in course/Men: 22 (of 46)

Best time in course: 3:09:35

Rank in category: 1(of 3)

Best time in the category: 4:27:06

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	2:05:46	6:26	1	-	24	1:25:15	19.50	2:05:46	6:26	1	-	45	1:25:15
Finish	22.50	2:21:20	6:16	1	-	16	35:39	42.00	4:27:06	6:21	1	-	22	1:17:31