



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

Detailed evaluation

Rademacher, Frank

Club: Elektro Bongard  
Number: 2732

Course: 42.00 km  
42 km Lauf

Category:  
Senioren M40

Total time: 4:36:10

Speed: 9.12 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 24 (of 56)

Rank in course/Men: 23 (of 46)

Best time in course: 3:09:35

Rank in category: 3(of 8)

Best time in the category: 3:18:58

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	2:04:54	6:24	3	31:58	23	1:24:23	19.50	2:04:54	6:24	3	31:54	13	1:24:23
Finish	22.50	2:31:16	6:43	4	45:18	24	45:35	42.00	4:36:10	6:34	3	1:17:12	23	1:26:35