



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

Detailed evaluation

Eckert, Carsten

Club: Trailrunning Hinterland
 Number: 2815

Course: 42.00 km
 42 km Lauf

Category:
 Senioren M40

Total time: 4:39:35

Speed: 9.01 km/h
 Running performance: 6:40 min/km

Rank in course/Total: 26 (of 56)

Rank in course/Men: 25 (of 46)

Best time in course: 3:09:35

Rank in category: 4(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	2:11:46	6:45	4	38:50	30	1:31:15	19.50	2:11:46	6:45	4	38:46	3	1:31:15
Finish	22.50	2:27:49	6:34	3	41:51	22	42:08	42.00	4:39:35	6:39	4	1:20:37	25	1:30:00