



# 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 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	2:11:46	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