



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Kus, Darius

Club: Bottroper Laufjunge

Number: 3113

Course: 67.00 km

67 km Lauf

Category:

Senioren M35

Total time: 7:11:45

Speed: 9.31 km/h

Running performance: 6:26 min/km

Rank in course/Total: 18 (of 46)

Rank in course/Men: 17 (of 37)

Best time in course: 5:06:44

Rank in category: 3(of 3)

Best time in the category: 5:43:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:57:55	6:02	3	11:35	12	27:55	19.50	1:57:55	6:02	3	11:35	36	
Kühude	20.50	2:09:18	6:18	3	38:57	18	38:57	40.00	4:07:13	6:10	3	50:32	36	
Nasse Wiese	20.50	2:29:13	7:16	3	37:00	21	52:48	60.50	6:36:26	6:33	3	1:27:32	36	
Finish	6.50	35:19	5:26	3	1:52	16	8:40	67.00	7:11:45	6:26	3	1:28:38	17	2:05:01