



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Kämpgen, Ralf

Club: ASV Duisburg

Number: 2749

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:43:37

Speed: 8.89 km/h

Running performance: 6:45 min/km

Rank in course/Total: 27 (of 56)

Rank in course/Men: 26 (of 46)

Best time in course: 3:09:35

Rank in category: 3(of 5)

Best time in the category: 4:06:19

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	2:05:52	6:27	3	12:42	25	1:25:21	19.50	2:05:52	6:27	3	12:42	4	1:25:21
Finish	22.50	2:37:45	7:00	4	24:36	32	52:04	42.00	4:43:37	6:45	3	37:18	26	1:34:02