



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

Detailed evaluation

Brouwers, Bert

Club: Atletiek Maastricht
 Number: 2753

Course: 42.00 km
 42 km Lauf

Category:
 Senioren M45

Total time: 4:44:41

Speed: 8.85 km/h
 Running performance: 6:47 min/km

Rank in course/Total: 29 (of 56)

Rank in course/Men: 27 (of 46)

Best time in course: 3:09:35

Rank in category: 7(of 7)

Best time in the category: 3:09:35

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	2:07:55	6:33	7	44:01	28	1:27:24	19.50	2:07:55	6:33	7	44:01	5	1:27:24
Finish	22.50	2:36:46	6:58	7	51:05	30	51:05	42.00	4:44:41	6:46	7	1:35:06	27	1:35:06