



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Schreiber, Jörg

Club: Trailrunning Hinterland

Number: 2813

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:48:45

Speed: 8.73 km/h

Running performance: 6:53 min/km

Rank in course/Total: 30 (of 56)

Rank in course/Men: 28 (of 46)

Best time in course: 3:09:35

Rank in category: 5(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	2:16:04	6:58	7	43:08	36	1:35:33	19.50	2:16:04	6:58	5	43:04	6	1:35:33
Finish	22.50	2:32:41	6:47	5	46:43	25	47:00	42.00	4:48:45	6:52	5	1:29:47	28	1:39:10