



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

Detailed evaluation

Ziese, Bernd

Club: Münster
 Number: 2740

Course: 42.00 km
 42 km Lauf

Category:
 Senioren M50

Total time: 4:49:26

Speed: 8.71 km/h
 Running performance: 6:53 min/km

Rank in course/Total: 31 (of 56)

Rank in course/Men: 29 (of 46)

Best time in course: 3:09:35

Rank in category: 10(of 17)

Best time in the category: 3:40:18

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	2:13:46	6:51	11	1:33:15	32	1:33:15	19.50	2:13:46	6:51	10	37:17	7	1:33:15
Finish	22.50	2:35:40	6:55	11	31:51	29	49:59	42.00	4:49:26	6:53	10	1:09:08	29	1:39:51