



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

Detailed evaluation

Minzenmay, Daniel

Club: Dinslaken
Number: 2769

Course: 42.00 km
42 km Lauf

Category:
Senioren M40

Total time: 4:49:37

Speed: 8.70 km/h
Running performance: 6:54 min/km

Rank in course/Total: 32 (of 56)

Rank in course/Men: 30 (of 46)

Best time in course: 3:09:35

Rank in category: 6(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	2:14:30	6:53	6	41:34	34	1:33:59	19.50	2:14:30	6:53	6	41:30	8	1:33:59
Finish	22.50	2:35:07	6:53	6	49:09	28	49:26	42.00	4:49:37	6:53	6	1:30:39	30	1:40:02