



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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