



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Luckey, Michael

Club: TuS Heinrichsthal Wehrstapel

Number: 2729

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:54:34

Speed: 8.55 km/h

Running performance: 7:01 min/km

Rank in course/Total: 34 (of 56)

Rank in course/Men: 32 (of 46)

Best time in course: 3:09:35

Rank in category: 7(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	2:11:56	6:45	5	39:00	31	1:31:25	19.50	2:11:56	6:45	7	38:56	10	1:31:25
Finish	22.50	2:42:38	7:13	7	56:40	33	56:57	42.00	4:54:34	7:00	7	1:35:36	32	1:44:59