



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

van de weerd, jef

Club: zweitlanceurs

Number: 2820

Course: 42.00 km

42 km Lauf

Category:

Senioren M60

Total time: 4:56:00

Speed: 8.51 km/h

Running performance: 7:03 min/km

Rank in course/Total: 35 (of 56)

Rank in course/Men: 33 (of 46)

Best time in course: 3:09:35

Rank in category: 2(of 3)

Best time in the category: 4:27:06

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	2:07:15	6:31	2	1:29	27	1:26:44	19.50	2:07:15	6:31	2	1:29	11	1:26:44
Finish	22.50	2:48:45	7:30	2	27:25	37	1:03:04	42.00	4:56:00	7:02	2	28:54	33	1:46:25