



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Henkel, Eddy

Club: TSV Aue-Wingeshausen

Number: 2758

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:57:11

Speed: 8.48 km/h

Running performance: 7:05 min/km

Rank in course/Total: 36 (of 56)

Rank in course/Men: 34 (of 46)

Best time in course: 3:09:35

Rank in category: 4(of 5)

Best time in the category: 4:06:19

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	2:19:39	7:09	4	26:29	38	1:39:08	19.50	2:19:39	7:09	4	26:29	12	1:39:08
Finish	22.50	2:37:32	7:00	3	24:23	31	51:51	42.00	4:57:11	7:04	4	50:52	34	1:47:36