



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Holst, Hansi

Club: DUV / Endorphinjunkies Dortmund

Number: 2998

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 4:59:00

Speed: 8.43 km/h

Running performance: 7:07 min/km

Rank in course/Total: 37 (of 56)

Rank in course/Men: 35 (of 46)

Best time in course: 3:09:35

Rank in category: 12(of 17)

Best time in the category: 3:40:18

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	40:31	2:04	1	-	1	-	19.50	40:31	2:04	12		1	-
Finish	22.50	4:18:29	11:29	16	2:14:40	45	2:32:48	42.00	4:59:00	7:07	12	1:18:42	35	1:49:25