



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

## Detailed evaluation

**Luther, Mario**

Club: LG DuV

Number: 2810

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 4:59:10

Speed: 8.42 km/h

Running performance: 7:07 min/km

Rank in course/Total: 38 (of 56)

Rank in course/Men: 36 (of 46)

Best time in course: 3:09:35

Rank in category: 13(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	2:14:26	6:53	12	1:33:55	33	1:33:55	19.50	2:14:26	6:53	13	37:57	14	1:33:55
Finish	22.50	2:44:44	7:19	13	40:55	35	59:03	42.00	4:59:10	7:07	13	1:18:52	36	1:49:35