



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

## Detailed evaluation

**Koschlitzki, Norbert**

Club: Eintracht Duisburg

Number: 2817

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 4:59:13

Speed: 8.42 km/h

Running performance: 7:07 min/km

Rank in course/Total: 39 (of 56)

Rank in course/Men: 37 (of 46)

Best time in course: 3:09:35

Rank in category: 14(of 17)

Best time in the category: 3:40:18

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:14:32	6:53	13	1:34:01	35	1:34:01	19.50	2:14:32	6:53	14	38:03	15	1:34:01
Finish	22.50	2:44:41	7:19	12	40:52	34	59:00	42.00	4:59:13	7:07	14	1:18:55	37	1:49:38