



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch
Bödefeld / 11.05.2013

Detailed evaluation

Hansen, Rene

Club: laufsohle.de
Number: 2993

Course: 67.00 km
67 km Lauf

Category:
Senioren M45

Total time: 7:34:09

Speed: 8.85 km/h
Running performance: 6:47 min/km

Rank in course/Total: 24 (of 46)

Rank in course/Men: 21 (of 37)

Best time in course: 5:06:44

Rank in category: 6(of 7)

Best time in the category: 5:06:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:18:00	7:04	6	48:00	23	48:00	19.50	2:18:00	7:04	6	48:00	3	
Kühude	20.50	2:12:33	6:27	6	40:14	20	42:12	40.00	4:30:33	6:45	6	1:28:14	3	
Nasse Wiese	20.50	2:24:21	7:02	5	46:35	18	47:56	60.50	6:54:54	6:51	6	2:14:49	3	
Finish	6.50	39:15	6:02	6	12:36	22	12:36	67.00	7:34:09	6:46	6	2:27:25	21	2:27:25