



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Gruszka, Leszek

Total time: 7:39:58

Number: 3159

Speed: 8.74 km/h

Running performance: 6:52 min/km

Course: 67.00 km

Rank in course/Total: 26 (of 46)

67 km Lauf

Rank in course/Men: 23 (of 37)

Best time in course: 5:06:44

Category:

Rank in category: 5(of 11)

Senioren M40

Best time in the category: 5:20:45

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	2:13:05	6:49	5	35:14	22	43:05	19.50	2:13:05	6:49	5	35:14	5		
Kühude	20.50	2:15:43	6:37	7	37:08	24	45:22	40.00	4:28:48	6:43	5	1:12:22	5		
Nasse Wiese	20.50	2:30:14	7:19	6	53:49	23	53:49	60.50	6:59:02	6:55	5	2:06:11	5		
Finish	6.50	40:56	6:17	8	13:02	27	14:17	67.00	7:39:58	6:51	5	2:19:13	23	2:33:14	