



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Decius, Karl-Walter

Club: Trail Team OWL

Number: 2715

Course: 42.00 km

42 km Lauf

Category:

Senioren M60

Total time: 5:11:44

Speed: 8.08 km/h

Running performance: 7:25 min/km

Rank in course/Total: 41 (of 56)

Rank in course/Men: 38 (of 46)

Best time in course: 3:09:35

Rank in category: 3(of 3)

Best time in the category: 4:27:06

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	2:08:24	6:35	3	2:38	29	1:27:53	19.50	2:08:24	6:35	3	2:38	16	1:27:53
Finish	22.50	3:03:20	8:08	3	42:00	43	1:17:39	42.00	5:11:44	7:25	3	44:38	38	2:02:09