



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Homberg, Friedhelm

Club: TV Eschhofen

Number: 2722

Course: 42.00 km

42 km Lauf

Category:

Senioren M65

Total time: 5:21:25

Speed: 7.84 km/h

Running performance: 7:39 min/km

Rank in course/Total: 43 (of 56)

Rank in course/Men: 40 (of 46)

Best time in course: 3:09:35

Rank in category: 1(of 1)

Best time in the category: 5:21:25

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	2:22:12	7:17	1	-	40	1:41:41	19.50	2:22:12	7:17	1	-	18	1:41:41
Finish	22.50	2:59:13	7:57	1	-	41	1:13:32	42.00	5:21:25	7:39	1	-	40	2:11:50