



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Lange, Stefan

Club: LG Ratio Münster

Number: 2726

Course: 42.00 km

42 km Lauf

Category:

Senioren M30

Total time: 5:23:22

Speed: 7.79 km/h

Running performance: 7:42 min/km

Rank in course/Total: 45 (of 56)

Rank in course/Men: 41 (of 46)

Best time in course: 3:09:35

Rank in category: 2(of 3)

Best time in the category: 3:24:02

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	2:27:32	7:33	3	59:42	44	1:47:01	19.50	2:27:32	7:33	2	59:42	19	1:47:01
Finish	22.50	2:55:50	7:48	2	59:38	38	1:10:09	42.00	5:23:22	7:41	2	1:59:20	41	2:13:47