



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

Detailed evaluation

Laig, Uwe

Club: TV Hohne
Number: 2814

Course: 42.00 km
42 km Lauf

Category:
Senioren M55

Total time: 5:23:35

Speed: 7.79 km/h
Running performance: 7:42 min/km

Rank in course/Total: 46 (of 56)

Rank in course/Men: 42 (of 46)

Best time in course: 3:09:35

Rank in category: 5(of 5)

Best time in the category: 4:06:19

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	2:26:25	7:30	5	33:15	42	1:45:54	19.50	2:26:25	7:30	5	33:15	20	1:45:54
Finish	22.50	2:57:10	7:52	5	44:01	39	1:11:29	42.00	5:23:35	7:42	5	1:17:16	42	2:14:00