



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Siemens, Frank

Club: SV Lembeck

Number: 2737

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 5:23:49

Speed: 7.78 km/h

Running performance: 7:43 min/km

Rank in course/Total: 47 (of 56)

Rank in course/Men: 43 (of 46)

Best time in course: 3:09:35

Rank in category: 15(of 17)

Best time in the category: 3:40:18

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	2:21:49	7:16	15	1:41:18	39	1:41:18	19.50	2:21:49	7:16	15	45:20	21	1:41:18
Finish	22.50	3:02:00	8:05	15	58:11	42	1:16:19	42.00	5:23:49	7:42	15	1:43:31	43	2:14:14