



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Kerstiens, Norbert

Club: LT Wischlingen Dortmund

Number: 2775

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 5:25:50

Speed: 7.73 km/h

Running performance: 7:46 min/km

Rank in course/Total: 49 (of 56)

Rank in course/Men: 44 (of 46)

Best time in course: 3:09:35

Rank in category: 16(of 17)

Best time in the category: 3:40:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:26:54	7:31	16	1:46:23	43	1:46:23	19.50	2:26:54	7:31	16	50:25	22	1:46:23
Finish	22.50	2:58:56	7:57	14	55:07	40	1:13:15	42.00	5:25:50	7:45	16	1:45:32	44	2:16:15