



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

Detailed evaluation

Burghard, Gerhard

Club: LG Mauerweg Berlin eV
Number: 3033

Course: 67.00 km
67 km Lauf

Category:
Senioren M55

Total time: 7:56:48

Speed: 8.43 km/h
Running performance: 7:07 min/km

Rank in course/Total: 30 (of 46)

Rank in course/Men: 25 (of 37)

Best time in course: 5:06:44

Rank in category: 1(of 2)

Best time in the category: 7:56:48

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	2:19:36	7:09	1	-	27	49:36	19.50	2:19:36	7:09	1	-	7	1:05
Kühude	20.50	2:21:23	6:53	1	-	29	51:02	40.00	4:40:59	7:01	1	-	7	9:06
Nasse Wiese	20.50	2:33:30	7:29	1	-	25	57:05	60.50	7:14:29	7:10	1	-	7	0:45
Finish	6.50	42:19	6:30	2	4:21	28	15:40	67.00	7:56:48	7:06	1	-	25	2:50:04