



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

Detailed evaluation

Zander, Markus

Club: Destination  
Number: 3157

Course: 67.00 km  
67 km Lauf

Category:  
Senioren M40

Total time: 7:56:49

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

Rank in course/Total: 31 (of 46)

Rank in course/Men: 26 (of 37)

Best time in course: 5:06:44

Rank in category: 7(of 11)

Best time in the category: 5:20:45

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	2:21:04	7:14	9	43:13	30	51:04	19.50	2:21:04	7:14	7	43:13	8	2:33
Kühude	20.50	2:19:23	6:47	8	40:48	27	49:02	40.00	4:40:27	7:00	7	1:24:01	8	8:34
Nasse Wiese	20.50	2:33:31	7:29	7	57:06	26	57:06	60.50	7:13:58	7:10	7	2:21:07	8	0:14
Finish	6.50	42:51	6:35	9	14:57	30	16:12	67.00	7:56:49	7:06	7	2:36:04	26	2:50:05