



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Wahl, Thomas

Club: Team Egger Brilon

Number: 3158

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 8:03:27

Speed: 8.32 km/h

Running performance: 7:13 min/km

Rank in course/Total: 33 (of 46)

Rank in course/Men: 28 (of 37)

Best time in course: 5:06:44

Rank in category: 7(of 7)

Best time in the category: 5:06:44

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	2:19:02	7:07	7	49:02	26	49:02	19.50	2:19:02	7:07	7	49:02	10	0:31
Kühude	20.50	2:17:35	6:42	7	45:16	26	47:14	40.00	4:36:37	6:54	7	1:34:18	10	4:44
Nasse Wiese	20.50	2:47:28	8:10	7	1:09:42	29	1:11:03	60.50	7:24:05	7:20	7	2:44:00	10	10:21
Finish	6.50	39:22	6:03	7	12:43	24	12:43	67.00	8:03:27	7:12	7	2:56:43	28	2:56:43