



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

## Detailed evaluation

**Flickert, Patrick**

Club: TEAM Erdinger Alkoholfrei

Number: 2717

Course: 42.00 km

42 km Lauf

Category:

Senioren M30

Total time: 5:45:19

Speed: 7.30 km/h

Running performance: 8:13 min/km

Rank in course/Total: 54 (of 56)

Rank in course/Men: 45 (of 46)

Best time in course: 3:09:35

Rank in category: 3(of 3)

Best time in the category: 3:24:02

### 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	2:25:27	7:27	2	57:37	41	1:44:56	19.50	2:25:27	7:27	3	57:37	23	1:44:56
Finish	22.50	3:19:52	8:52	3	1:23:40	44	1:34:11	42.00	5:45:19	8:13	3	2:21:17	45	2:35:44