



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

Detailed evaluation

Albrecht, Frank

Club: Menden  
Number: 3144

Course: 67.00 km  
67 km Lauf

Category:  
Senioren M50

Total time: 8:21:29

Speed: 8.02 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 35 (of 46)

Rank in course/Men: 30 (of 37)

Best time in course: 5:06:44

Rank in category: 5(of 6)

Best time in the category: 6:25:52

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	2:09:22	6:38	4	22:36	18	39:22	19.50	2:09:22	6:38	5	22:36	12	
Kühude	20.50	2:31:46	7:24	5	34:34	33	1:01:25	40.00	4:41:08	7:01	5	57:10	12	9:15
Nasse Wiese	20.50	2:57:56	8:40	6	1:16:22	34	1:21:31	60.50	7:39:04	7:35	5	1:44:25	12	25:20
Finish	6.50	42:25	6:31	4	11:12	29	15:46	67.00	8:21:29	7:29	5	1:55:37	30	3:14:45