



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

## Detailed evaluation

**Tuna, Manuel**

Club: TSG Helberhausen

Number: 3020

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 5:06:44

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 1 (of 46)

Rank in course/Men: 1 (of 37)

Best time in course: 5:06:44

Rank in category: 1(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	1:30:00	4:36	1	-	1	-	19.50	1:30:00	4:36	1	-	29	
Kühude	20.50	1:32:19	4:30	1	-	2	1:58	40.00	3:02:19	4:33	1	-	29	
Nasse Wiese	20.50	1:37:46	4:46	1	-	2	1:21	60.50	4:40:05	4:37	1	-	29	
Finish	6.50	26:39	4:05	1	-	1	-	67.00	5:06:44	4:34	1	-	1	-