



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Ley, Jürgen

Club: central-team.de

Number: 3005

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 5:20:45

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 2 (of 46)

Rank in course/Men: 2 (of 37)

Best time in course: 5:06:44

Rank in category: 1(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	1:37:51	5:01	1	-	3	7:51	19.50	1:37:51	5:01	1	-	21	
Kühude	20.50	1:38:35	4:48	1	-	4	8:14	40.00	3:16:26	4:54	1	-	21	
Nasse Wiese	20.50	1:36:25	4:42	1	-	1	-	60.50	4:52:51	4:50	1	-	21	
Finish	6.50	27:54	4:17	1	-	2	1:15	67.00	5:20:45	4:47	1	-	2	14:01