



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	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	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