



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Kaufmann, Rolf

Club: TV Attendorn

Number: 1601

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 11:20:40

Speed: 8.90 km/h

Running performance: 6:44 min/km

Rank in course/Total: 20 (of 98)

Rank in course/Men: 15 (of 84)

Best time in course: 8:25:02

Rank in category: 5(of 22)

Best time in the category: 9:37:03

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	2:09:45	6:39	6	20:29	31	40:20	19.50	2:09:45	6:39	19		50	
Kühude	20.50	2:11:04	6:23	5	18:01	25	35:25	40.00	4:20:49	6:31	19		50	
Rhein-Weser-Tur	17.00	1:55:15	6:46	6	21:43	24	42:30	57.00	6:16:04	6:35	19		50	
Kühude	17.00	1:56:31	6:51	4	18:04	13	29:20	74.00	8:12:35	6:39	19		50	
Nasse Wiese	20.50	2:30:58	7:21	4	22:42	13	35:59	94.50	10:43:33	6:48	19		48	
Finish	6.50	37:07	5:42	3	2:38	9	8:50	101.00	11:20:40	6:44	5	1:43:37	15	2:55:38