



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |