



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Gansen, André**

Club: Gummersbach

Number: 167

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 11:39:31

Speed: 8.66 km/h

Running performance: 6:56 min/km

Rank in course/Total: 31 (of 98)

Rank in course/Men: 25 (of 84)

Best time in course: 8:25:02

Rank in category: 6(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       | 2:05:38       | 6:26            | 5           | 16:22          | 28          | 36:13         | 19.50         | 2:05:38       | 6:26            | 18          |                | 82         |               |
| Kühude          | 20.50       | 2:11:59       | 6:26            | 6           | 18:56          | 28          | 36:20         | 40.00         | 4:17:37       | 6:26            | 18          |                | 81         |               |
| Rhein-Weser-Tur | 17.00       | 1:48:18       | 6:22            | 5           | 14:46          | 14          | 35:33         | 57.00         | 6:05:55       | 6:25            | 18          |                | 81         |               |
| Kühude          | 17.00       | 1:56:56       | 6:52            | 5           | 18:29          | 14          | 29:45         | 74.00         | 8:02:51       | 6:31            | 18          |                | 82         |               |
| Nasse Wiese     | 20.50       | 2:52:35       | 8:25            | 9           | 44:19          | 36          | 57:36         | 94.50         | 10:55:26      | 6:56            | 18          |                | 78         |               |
| Finish          | 6.50        | 44:05         | 6:46            | 8           | 9:36           | 36          | 15:48         | 101.00        | 11:39:31      | 6:55            | 6           | 2:02:28        | 25         | 3:14:29       |