



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	2:05:38	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	