



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

### Zipplies, Günter

Club: Soest  
Number: 247

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M40

Total time: 12:07:09

Speed: 8.33 km/h  
Running performance: 7:12 min/km

Rank in course/Total: 37 (of 98)

Rank in course/Men: 30 (of 84)

Best time in course: 8:25:02

Rank in category: 7(of 13)

Best time in the category: 8:45:02

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Nasse Wiese	19.50	2:02:38	6:17	7	20:23	24	33:13	19.50	2:02:38	6:17	7	20:23	77	
Kühude	20.50	2:11:47	6:25	7	26:28	27	36:08	40.00	4:14:25	6:21	7	46:51	76	
Rhein-Weser-Tur	17.00	2:02:00	7:10	7	38:03	34	49:15	57.00	6:16:25	6:36	7	1:24:54	76	
Kühude	17.00	2:18:22	8:08	8	51:11	39	51:11	74.00	8:34:47	6:57	7	2:16:05	77	
Nasse Wiese	20.50	2:50:25	8:18	7	52:22	34	55:26	94.50	11:25:12	7:15	7	3:08:27	73	
Finish	6.50	41:57	6:27	5	13:40	30	13:40	101.00	12:07:09	7:11	7	3:22:07	30	3:42:07