



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Kämpf, Andreas

Club: Taunusstein

Number: 189

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 14:15:59

Speed: 7.08 km/h

Running performance: 8:29 min/km

Rank in course/Total: 84 (of 98)

Rank in course/Men: 71 (of 84)

Best time in course: 8:25:02

Rank in category: 13(of 15)

Best time in the category: 8:25:02

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	2:25:24	7:27	13	55:59	58	55:59	19.50	2:25:24	7:27	13	55:59	34	
Kühude	20.50	2:37:40	7:41	13	1:02:01	70	1:02:01	40.00	5:03:04	7:34	13	1:58:00	34	
Rhein-Weser-Tur	17.00	2:32:08	8:56	15	1:07:59	80	1:19:23	57.00	7:35:12	7:59	13	3:05:59	34	16:44
Kühude	17.00	2:29:52	8:48	13	59:54	61	1:02:41	74.00	10:05:04	8:10	13	4:05:53	34	25:14
Nasse Wiese	20.50	3:16:34	9:35	13	1:21:35	65	1:21:35	94.50	13:21:38	8:28	13	5:27:28	33	43:52
Finish	6.50	54:21	8:21	12	23:29	66	26:04	101.00	14:15:59	8:28	13	5:50:57	71	5:50:57