



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Hardenack, Frank**

Club: Neuenkleusheim

Number: 616

Course: 42.00 km

42 km Lauf

Category:

Senioren M35

Total time: 3:03:07

Speed: 13.76 km/h

Running performance: 4:22 min/km

Rank in course/Total: 1 (of 67)

Rank in course/Men: 1 (of 55)

Best time in course: 3:03:07

Rank in category: 1(of 6)

Best time in the category: 3:03:07

### 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	1:21:47	4:11	1	-	1	-	19.50	1:21:47	4:11	1	-	43	
Obersorpe	8.00	33:54	4:14	1	-	1	-	27.50	1:55:41	4:12	1	-	43	
Finish	14.50	1:07:26	4:39	1	-	1	-	42.00	3:03:07	4:21	1	-	1	-