



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Glatz-Wieczorek, Roland

Club: LG Gummersbach

Number: 290

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 5:36:06

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 15 (of 80)

Rank in course/Men: 15 (of 60)

Best time in course: 4:42:05

Rank in category: 4(of 10)

Best time in the category: 4:48:50

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	1:38:48	5:03	4	14:00	16	16:00	19.50	1:38:48	5:03	4	14:00	45	
Kühude	20.50	1:39:38	4:51	4	12:55	14	13:33	40.00	3:18:26	4:57	4	26:55	45	
Nasse Wiese	20.50	1:47:51	5:15	3	15:52	11	20:53	60.50	5:06:17	5:03	4	42:47	30	
Finish	6.50	29:49	4:35	4	4:29	15	5:36	67.00	5:36:06	5:00	4	47:16	15	54:01