



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Hilger, Michael

Club: LG Gummersbach

Number: 296

Course: 67.00 km

67 km Lauf

Category:

Senioren M35

Total time: 5:41:40

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 16 (of 80)

Rank in course/Men: 16 (of 60)

Best time in course: 4:42:05

Rank in category: 2(of 3)

Best time in the category: 4:46:28

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	1:38:41	5:03	2	15:37	15	15:53	19.50	1:38:41	5:03	2	15:37	31	
Kühude	20.50	1:39:51	4:52	2	13:46	15	13:46	40.00	3:18:32	4:57	2	29:23	31	
Nasse Wiese	20.50	1:50:12	5:22	2	18:47	13	23:14	60.50	5:08:44	5:06	2	48:10	45	
Finish	6.50	32:56	5:03	2	7:02	19	8:43	67.00	5:41:40	5:05	2	55:12	16	59:35