



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Baumhoff, Jürgen

Club: Trail Team Sauerland/GORE-TEX®

Number: 484

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 3:17:56

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 2 (of 67)

Rank in course/Men: 2 (of 55)

Best time in course: 3:03:07

Rank in category: 1 (of 6)

Best time in the category: 3:17:56

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	1:26:36	4:26	1	-	2	4:49	19.50	1:26:36	4:26	1	-	30	
Obersorpe	8.00	36:46	4:35	1	-	2	2:52	27.50	2:03:22	4:29	1	-	30	
Finish	14.50	1:14:34	5:08	1	-	2	7:08	42.00	3:17:56	4:42	1	-	2	14:49