



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Tengler, Sebastian

Club: P-Weg-Team

Number: 612

Course: 42.00 km

42 km Lauf

Category:

Senioren M35

Total time: 3:39:25

Speed: 11.48 km/h

Running performance: 5:13 min/km

Rank in course/Total: 4 (of 67)

Rank in course/Men: 4 (of 55)

Best time in course: 3:03:07

Rank in category: 2(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	1:39:30	5:06	2	17:43	4	17:43	19.50	1:39:30	5:06	2	17:43	32	
Obersorpe	8.00	39:54	4:59	2	6:00	4	6:00	27.50	2:19:24	5:04	2	23:43	32	
Finish	14.50	1:20:01	5:31	2	12:35	4	12:35	42.00	3:39:25	5:13	2	36:18	4	36:18