



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Hermann, Carsten

Club: :anlauf

Number: 294

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 6:24:01

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 23 (of 80)

Rank in course/Men: 19 (of 60)

Best time in course: 4:42:05

Rank in category: 5(of 14)

Best time in the category: 4:57:18

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	1:48:36	5:34	7	23:01	23	25:48	19.50	1:48:36	5:34	5	23:01	49	
Kühude	20.50	1:48:20	5:17	5	21:06	19	22:15	40.00	3:36:56	5:25	5	42:39	49	
Nasse Wiese	20.50	2:15:45	6:37	9	39:01	26	48:47	60.50	5:52:41	5:49	5	1:21:40	48	
Finish	6.50	31:20	4:49	4	5:03	16	7:07	67.00	6:24:01	5:43	5	1:26:43	19	1:41:56