



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Trzcinski, Kazimierz

Club: GAH.Alberts

Number: 526

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 3:57:58

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 5 (of 67)

Rank in course/Men: 5 (of 55)

Best time in course: 3:03:07

Rank in category: 1(of 11)

Best time in the category: 3:57:58

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	1:42:50	5:16	1	-	6	21:03	19.50	1:42:50	5:16	1	-	33	
Obersorpe	8.00	42:54	5:21	1	-	5	9:00	27.50	2:25:44	5:17	1	-	33	
Finish	14.50	1:32:14	6:21	1	-	9	24:48	42.00	3:57:58	5:39	1	-	5	54:51