



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Franke, Stefan

Club: LTV Lippstadt

Number: 498

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 3:59:20

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 6 (of 67)

Rank in course/Men: 6 (of 55)

Best time in course: 3:03:07

Rank in category: 2(of 12)

Best time in the category: 3:34:18

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 | 1:41:53 | 5:13 | 2 | 3:13 | 5 | 20:06 | 19.50 | 1:41:53 | 5:13 | 2 | 3:13 | 34 | |
| Obersorpe | 8.00 | 43:42 | 5:27 | 2 | 5:07 | 6 | 9:48 | 27.50 | 2:25:35 | 5:17 | 2 | 8:20 | 34 | |
| Finish | 14.50 | 1:33:45 | 6:27 | 3 | 16:42 | 12 | 26:19 | 42.00 | 3:59:20 | 5:41 | 2 | 25:02 | 6 | 56:13 |