



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	