



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Hintemann, Andreas

Club: SuS Stadtlohn Laufabteilung

Number: 297

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 6:28:07

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 24 (of 80)

Rank in course/Men: 20 (of 60)

Best time in course: 4:42:05

Rank in category: 6(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	1:47:56	5:32	6	22:21	22	25:08	19.50	1:47:56	5:32	6	22:21	50	
Kühude	20.50	1:56:29	5:40	6	29:15	21	30:24	40.00	3:44:25	5:36	6	50:08	50	
Nasse Wiese	20.50	2:11:00	6:23	8	34:16	25	44:02	60.50	5:55:25	5:52	6	1:24:24	49	
Finish	6.50	32:42	5:01	5	6:25	18	8:29	67.00	6:28:07	5:47	6	1:30:49	20	1:46:02