



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Bloch, Marcus

Club: RWE Starlight Team Essen

Number: 487

Course: 42.00 km

42 km Lauf

Category:

Senioren M35

Total time: 4:09:35

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 10 (of 67)

Rank in course/Men: 10 (of 55)

Best time in course: 3:03:07

Rank in category: 3(of 6)

Best time in the category: 3:03:07

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	1:50:54	5:41	3	29:07	10	29:07	19.50	1:50:54	5:41	3	29:07	38	
Obersorpe	8.00	45:18	5:39	3	11:24	14	11:24	27.50	2:36:12	5:40	3	40:31	38	
Finish	14.50	1:33:23	6:26	3	25:57	10	25:57	42.00	4:09:35	5:56	3	1:06:28	10	1:06:28