



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Kipar, Mirco

Club: SV Gladbeck 13

Number: 508

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:10:16

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 11 (of 67)

Rank in course/Men: 11 (of 55)

Best time in course: 3:03:07

Rank in category: 4(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	1:50:58	5:41	5	12:18	12	29:11	19.50	1:50:58	5:41	4	12:18	39	
Obersorpe	8.00	45:23	5:40	5	6:48	16	11:29	27.50	2:36:21	5:41	4	19:06	39	
Finish	14.50	1:33:55	6:28	4	16:52	13	26:29	42.00	4:10:16	5:57	4	35:58	11	1:07:09