



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Schuster, Ralf

Club: TC Kray 1892 e.V.

Number: 521

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 4:11:58

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 13 (of 67)

Rank in course/Men: 13 (of 55)

Best time in course: 3:03:07

Rank in category: 1(of 7)

Best time in the category: 4:11:58

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	1:53:37	5:49	1	-	14	31:50	19.50	1:53:37	5:49	1	-	41	
Obersorpe	8.00	44:49	5:36	2	0:03	11	10:55	27.50	2:38:26	5:45	1	-	41	
Finish	14.50	1:33:32	6:27	1	-	11	26:06	42.00	4:11:58	5:59	1	-	13	1:08:51