



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Tüttmann, Ralf

Club: SuS Oberaden

Number: 340

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 6:42:07

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 30 (of 80)

Rank in course/Men: 23 (of 60)

Best time in course: 4:42:05

Rank in category: 7(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	2:01:17	6:13	10	35:42	28	38:29	19.50	2:01:17	6:13	7	35:42	53	
Kühude	20.50	2:02:32	5:58	7	35:18	25	36:27	40.00	4:03:49	6:05	7	1:09:32	53	
Nasse Wiese	20.50	2:05:02	6:05	5	28:18	20	38:04	60.50	6:08:51	6:05	7	1:37:50	52	
Finish	6.50	33:16	5:07	6	6:59	21	9:03	67.00	6:42:07	6:00	7	1:44:49	23	2:00:02