



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Sieberath, Peter

Club: Dormagen

Number: 622

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 4:14:54

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 14 (of 67)

Rank in course/Men: 14 (of 55)

Best time in course: 3:03:07

Rank in category: 2(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	1:53:40	5:49	2	0:03	15	31:53	19.50	1:53:40	5:49	2	0:03	42	
Obersorpe	8.00	45:11	5:38	3	0:25	13	11:17	27.50	2:38:51	5:46	2	0:25	42	
Finish	14.50	1:36:03	6:37	2	2:31	15	28:37	42.00	4:14:54	6:04	2	2:56	14	1:11:47