



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Kranz, Ingomar**

Club: Dumm gelaufen

Number: 538

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:18:06

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 15 (of 67)

Rank in course/Men: 15 (of 55)

Best time in course: 3:03:07

Rank in category: 6(of 12)

Best time in the category: 3:34:18

### Intermediate times

### Stage score

### Total ranking

| Control     | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|             |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Nasse Wiese | 19.50       | 1:51:35       | 5:43            | 6           | 12:55          | 13          | 29:48         | 19.50         | 1:51:35       | 5:43            | 6           | 12:55          | 29         |               |
| Obersorpe   | 8.00        | 45:34         | 5:41            | 6           | 6:59           | 17          | 11:40         | 27.50         | 2:37:09       | 5:42            | 6           | 19:54          | 29         |               |
| Finish      | 14.50       | 1:40:57       | 6:57            | 8           | 23:54          | 19          | 33:31         | 42.00         | 4:18:06       | 6:08            | 6           | 43:48          | 15         | 1:14:59       |