



## 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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