



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Simon, Dieter

Club: LG Mülheim

Number: 330

Course: 67.00 km

67 km Lauf

Category:

Senioren M55

Total time: 6:54:15

Speed: 9.70 km/h

Running performance: 6:11 min/km

Rank in course/Total: 33 (of 80)

Rank in course/Men: 25 (of 60)

Best time in course: 4:42:05

Rank in category: 1(of 5)

Best time in the category: 6:54:15

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	1:57:57	6:02	1	-	25	35:09	19.50	1:57:57	6:02	1	-	55	
Kühude	20.50	2:01:45	5:56	1	-	24	35:40	40.00	3:59:42	5:59	1	-	55	
Nasse Wiese	20.50	2:18:10	6:44	1	-	27	51:12	60.50	6:17:52	6:14	1	-	54	
Finish	6.50	36:23	5:35	2	0:25	30	12:10	67.00	6:54:15	6:10	1	-	25	2:12:10