



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Rödig, Volker

Club: SV Blau-Weiß Bochum

Number: 519

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:25:59

Speed: 9.47 km/h

Running performance: 6:20 min/km

Rank in course/Total: 18 (of 67)

Rank in course/Men: 17 (of 55)

Best time in course: 3:03:07

Rank in category: 7(of 12)

Best time in the category: 3:34:18

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	2:00:58	6:12	8	22:18	20	39:11	19.50	2:00:58	6:12	7	22:18	45	
Obersorpe	8.00	45:36	5:42	7	7:01	18	11:42	27.50	2:46:34	6:03	7	29:19	45	
Finish	14.50	1:39:25	6:51	7	22:22	18	31:59	42.00	4:25:59	6:19	7	51:41	17	1:22:52