



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Potrafky, Heinz-Joachim

Club: LT TuS Iserlohn

Number: 1588

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 6:59:49

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 34 (of 80)

Rank in course/Men: 26 (of 60)

Best time in course: 4:42:05

Rank in category: 8(of 14)

Best time in the category: 4:57:18

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	1:58:50	6:05	9	33:15	26	36:02	19.50	1:58:50	6:05	8	33:15	56	
Kühude	20.50	2:04:07	6:03	9	36:53	27	38:02	40.00	4:02:57	6:04	8	1:08:40	56	
Nasse Wiese	20.50	2:20:57	6:52	10	44:13	30	53:59	60.50	6:23:54	6:20	8	1:52:53	55	
Finish	6.50	35:55	5:31	9	9:38	27	11:42	67.00	6:59:49	6:15	8	2:02:31	26	2:17:44