



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Kissel, Thomas

Club: Rennschnecken 2000

Number: 614

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:31:27

Speed: 9.28 km/h

Running performance: 6:28 min/km

Rank in course/Total: 19 (of 67)

Rank in course/Men: 18 (of 55)

Best time in course: 3:03:07

Rank in category: 8(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	2:04:15	6:22	10	25:35	24	42:28	19.50	2:04:15	6:22	8	25:35	46	
Obersorpe	8.00	48:21	6:02	8	9:46	20	14:27	27.50	2:52:36	6:16	8	35:21	46	
Finish	14.50	1:38:51	6:49	6	21:48	17	31:25	42.00	4:31:27	6:27	8	57:09	18	1:28:20