



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Fritz, Rainer

Club: VFL Engelskirchen

Number: 1569

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 7:00:18

Speed: 9.56 km/h

Running performance: 6:16 min/km

Rank in course/Total: 35 (of 80)

Rank in course/Men: 27 (of 60)

Best time in course: 4:42:05

Rank in category: 6(of 16)

Best time in the category: 5:19:47

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 | 2:08:17 | 6:34 | 9 | 34:42 | 37 | 45:29 | 19.50 | 2:08:17 | 6:34 | 6 | 34:42 | 57 | |
| Kühude | 20.50 | 2:11:03 | 6:23 | 7 | 34:21 | 32 | 44:58 | 40.00 | 4:19:20 | 6:28 | 6 | 1:07:56 | 57 | |
| Nasse Wiese | 20.50 | 2:07:19 | 6:12 | 4 | 26:31 | 23 | 40:21 | 60.50 | 6:26:39 | 6:23 | 6 | 1:31:52 | 56 | |
| Finish | 6.50 | 33:39 | 5:10 | 4 | 8:39 | 22 | 9:26 | 67.00 | 7:00:18 | 6:16 | 6 | 1:40:31 | 27 | 2:18:13 |