



# 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