



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Hensel, Gordon**

Club: RFV Listertal

Number: 180

Course: 67.00 km

67 km Lauf

Category:

Senioren M30

Total time: 7:00:18

Speed: 9.56 km/h

Running performance: 6:16 min/km

Rank in course/Total: 36 (of 80)

Rank in course/Men: 27 (of 60)

Best time in course: 4:42:05

Rank in category: 3(of 4)

Best time in the category: 5:27:15

### 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	2:06:25	6:28	3	36:33	36	43:37	19.50	2:06:25	6:28	3	36:33	58		
Kühude	20.50	2:08:29	6:16	3	34:45	30	42:24	40.00	4:14:54	6:22	3	1:11:18	58		
Nasse Wiese	20.50	1:27:23	4:15	1	-	2	0:25	60.50	5:42:17	5:39	3	42:14	57		
Finish	6.50	1:18:01	12:00	4	50:49	55	53:48	67.00	7:00:18	6:16	3	1:33:03	27	2:18:13	