



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Rose, Norbert

Club: Lauffreunde Gremmendorf

Number: 518

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 4:32:02

Speed: 9.26 km/h

Running performance: 6:29 min/km

Rank in course/Total: 21 (of 67)

Rank in course/Men: 20 (of 55)

Best time in course: 3:03:07

Rank in category: 3(of 6)

Best time in the category: 3:17:56

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	1:58:46	6:05	3	32:10	17	36:59	19.50	1:58:46	6:05	3	32:10	48	
Obersorpe	8.00	50:24	6:17	4	13:38	30	16:30	27.50	2:49:10	6:09	3	45:48	48	
Finish	14.50	1:42:52	7:05	3	28:18	20	35:26	42.00	4:32:02	6:28	3	1:14:06	20	1:28:55