



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Hufnagel, Stefan

Club: Eslohe

Number: 505

Course: 42.00 km

42 km Lauf

Category:

Senioren M35

Total time: 4:34:11

Speed: 9.19 km/h

Running performance: 6:32 min/km

Rank in course/Total: 22 (of 67)

Rank in course/Men: 21 (of 55)

Best time in course: 3:03:07

Rank in category: 4(of 6)

Best time in the category: 3:03:07

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	1:53:43	5:49	4	31:56	16	31:56	19.50	1:53:43	5:49	4	31:56	49	
Obersorpe	8.00	49:22	6:10	4	15:28	25	15:28	27.50	2:43:05	5:55	4	47:24	49	
Finish	14.50	1:51:06	7:39	6	43:40	33	43:40	42.00	4:34:11	6:31	4	1:31:04	21	1:31:04