



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Kämpgen, Ralf

Club: ASV Duisburg

Number: 512

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:35:30

Speed: 9.15 km/h

Running performance: 6:34 min/km

Rank in course/Total: 23 (of 67)

Rank in course/Men: 22 (of 55)

Best time in course: 3:03:07

Rank in category: 2(of 11)

Best time in the category: 3:57:58

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	1:59:46	6:08	2	16:56	19	37:59	19.50	1:59:46	6:08	2	16:56	50	
Obersorpe	8.00	49:19	6:09	3	6:25	24	15:25	27.50	2:49:05	6:08	2	23:21	50	
Finish	14.50	1:46:25	7:20	2	14:11	23	38:59	42.00	4:35:30	6:33	2	37:32	22	1:32:23