



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Gwinner, Konrad**

Club: herzenhelfen.de

Number: 292

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 7:07:37

Speed: 9.40 km/h

Running performance: 6:23 min/km

Rank in course/Total: 38 (of 80)

Rank in course/Men: 30 (of 60)

Best time in course: 4:42:05

Rank in category: 9(of 14)

Best time in the category: 4:57:18

### 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	1:57:11	6:00	8	31:36	24	34:23	19.50	1:57:11	6:00	9	31:36	16	
Kühude	20.50	2:03:50	6:02	8	36:36	26	37:45	40.00	4:01:01	6:01	9	1:06:44	16	
Nasse Wiese	20.50	2:27:01	7:10	12	50:17	35	1:00:03	60.50	6:28:02	6:24	9	1:57:01	2	
Finish	6.50	39:35	6:05	10	13:18	36	15:22	67.00	7:07:37	6:22	9	2:10:19	30	2:25:32