



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Paulus, Rudolf

Club: SSG Königswinter

Number: 1613

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 7:08:32

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 40 (of 80)

Rank in course/Men: 31 (of 60)

Best time in course: 4:42:05

Rank in category: 10(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	2:01:26	6:13	11	35:51	29	38:38	19.50	2:01:26	6:13	10	35:51	2	
Kühude	20.50	2:09:01	6:17	10	41:47	31	42:56	40.00	4:10:27	6:15	10	1:16:10	2	
Nasse Wiese	20.50	2:22:57	6:58	11	46:13	32	55:59	60.50	6:33:24	6:30	10	2:02:23	3	
Finish	6.50	35:08	5:24	8	8:51	25	10:55	67.00	7:08:32	6:23	10	2:11:14	31	2:26:27