



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Paczkowski, Dirk**

Club: Marathon Soest e. V.

Number: 207

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:40:45

Speed: 8.98 km/h

Running performance: 6:41 min/km

Rank in course/Total: 26 (of 67)

Rank in course/Men: 24 (of 55)

Best time in course: 3:03:07

Rank in category: 3(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	2:04:23	6:22	4	21:33	25	42:36	19.50	2:04:23	6:22	3	21:33	52	
Obersorpe	8.00	49:51	6:13	4	6:57	28	15:57	27.50	2:54:14	6:20	3	28:30	52	
Finish	14.50	1:46:31	7:20	3	14:17	24	39:05	42.00	4:40:45	6:41	3	42:47	24	1:37:38