



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

van den Mond, Uwe

Club: Hottes Fitnessclub Wesel

Number: 527

Course: 42.00 km

42 km Lauf

Category:

Senioren M35

Total time: 4:41:25

Speed: 8.95 km/h

Running performance: 6:42 min/km

Rank in course/Total: 27 (of 67)

Rank in course/Men: 25 (of 55)

Best time in course: 3:03:07

Rank in category: 5(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	2:01:13	6:12	5	39:26	21	39:26	19.50	2:01:13	6:12	5	39:26	53	
Obersorpe	8.00	51:32	6:26	5	17:38	35	17:38	27.50	2:52:45	6:16	5	57:04	53	
Finish	14.50	1:48:40	7:29	5	41:14	29	41:14	42.00	4:41:25	6:42	5	1:38:18	25	1:38:18