



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Igor, Jurisa

Club: Gelsenkirchen

Number: 535

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:54:58

Speed: 8.54 km/h

Running performance: 7:01 min/km

Rank in course/Total: 39 (of 67)

Rank in course/Men: 35 (of 55)

Best time in course: 3:03:07

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:05:57	6:27	5	23:07	33	44:10	19.50	2:05:57	6:27	7	23:07	8	
Obersorpe	8.00	54:14	6:46	8	11:20	38	20:20	27.50	3:00:11	6:33	7	34:27	8	
Finish	14.50	1:54:47	7:54	7	22:33	36	47:21	42.00	4:54:58	7:01	7	57:00	35	1:51:51