



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Seelig, Helmut

Club: Solinger LC

Number: 522

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 4:57:32

Speed: 8.47 km/h

Running performance: 7:05 min/km

Rank in course/Total: 41 (of 67)

Rank in course/Men: 37 (of 55)

Best time in course: 3:03:07

Rank in category: 8(of 11)

Best time in the category: 3:57:58

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	2:09:36	6:38	8	26:46	38	47:49	19.50	2:09:36	6:38	8	26:46	10	
Obersorpe	8.00	44:44	5:35	2	1:50	9	10:50	27.50	2:54:20	6:20	8	28:36	10	
Finish	14.50	2:03:12	8:29	10	30:58	45	55:46	42.00	4:57:32	7:05	8	59:34	37	1:54:25