



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Hempelmann, Michael

Club: LAC Veltins Hochsauerland TV Arnsberg
Number: 501

Course: 42.00 km
42 km Lauf

Category:
Senioren M35

Total time: 5:04:32

Speed: 8.27 km/h

Running performance: 7:15 min/km

Rank in course/Total: 43 (of 67)

Rank in course/Men: 39 (of 55)

Best time in course: 3:03:07

Rank in category: 6(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	2:19:47	7:10	6	58:00	46	58:00	19.50	2:19:47	7:10	6	58:00	12	4:44
Obersorpe	8.00	57:56	7:14	6	24:02	44	24:02	27.50	3:17:43	7:11	6	1:22:02	12	4:35
Finish	14.50	1:46:49	7:21	4	39:23	25	39:23	42.00	5:04:32	7:15	6	2:01:25	39	2:01:25