



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Spernol, Andreas

Club: LF Ehberg 02

Number: 331

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 7:37:11

Speed: 8.79 km/h

Running performance: 6:49 min/km

Rank in course/Total: 45 (of 80)

Rank in course/Men: 35 (of 60)

Best time in course: 4:42:05

Rank in category: 8(of 10)

Best time in the category: 4:48:50

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	2:10:12	6:40	8	45:24	39	47:24	19.50	2:10:12	6:40	8	45:24	6	
Kühude	20.50	2:18:37	6:45	8	51:54	35	52:32	40.00	4:28:49	6:43	8	1:37:18	6	
Nasse Wiese	20.50	2:27:18	7:11	7	55:19	36	1:00:20	60.50	6:56:07	6:52	8	2:32:37	7	
Finish	6.50	41:04	6:19	8	15:44	37	16:51	67.00	7:37:11	6:49	8	2:48:21	35	2:55:06