



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Holdingshausen, Sven

Club: :anlauf Marathon Team 2014

Number: 504

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 5:21:05

Speed: 7.85 km/h

Running performance: 7:38 min/km

Rank in course/Total: 52 (of 67)

Rank in course/Men: 46 (of 55)

Best time in course: 3:03:07

Rank in category: 12(of 12)

Best time in the category: 3:34:18

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	2:16:16	6:59	12	37:36	42	54:29	19.50	2:16:16	6:59	12	37:36	19	1:13
Obersorpe	8.00	1:01:30	7:41	12	22:55	48	27:36	27.50	3:17:46	7:11	12	1:00:31	19	4:38
Finish	14.50	2:03:19	8:30	12	46:16	47	55:53	42.00	5:21:05	7:38	12	1:46:47	46	2:17:58