



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Laig, Uwe

Club: TV Hohne

Number: 613

Course: 42.00 km

42 km Lauf

Category:

Senioren M55

Total time: 5:29:12

Speed: 7.65 km/h

Running performance: 7:50 min/km

Rank in course/Total: 55 (of 67)

Rank in course/Men: 48 (of 55)

Best time in course: 3:03:07

Rank in category: 10(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.	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	2:24:34	7:24	9	41:44	47	1:02:47	19.50	2:24:34	7:24	10	41:44	21	9:31
Obersorpe	8.00	1:02:34	7:49	10	19:40	49	28:40	27.50	3:27:08	7:31	10	1:01:24	21	14:00
Finish	14.50	2:02:04	8:25	9	29:50	44	54:38	42.00	5:29:12	7:50	10	1:31:14	48	2:26:05