



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Hempel, Hartmut

Club: LSF-Unna-2000

Number: 1604

Course: 67.00 km

67 km Lauf

Category:

Senioren M70

Total time: 7:58:46

Speed: 8.40 km/h

Running performance: 7:09 min/km

Rank in course/Total: 49 (of 80)

Rank in course/Men: 38 (of 60)

Best time in course: 4:42:05

Rank in category: 1(of 2)

Best time in the category: 7:58:46

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	2:12:38	6:48	1	-	41	49:50	19.50	2:12:38	6:48	1	-	9	
Kühude	20.50	2:25:33	7:06	1	-	44	59:28	40.00	4:38:11	6:57	1	-	9	0:03
Nasse Wiese	20.50	2:44:45	8:02	1	-	43	1:17:47	60.50	7:22:56	7:19	1	-	9	
Finish	6.50	35:50	5:30	1	-	26	11:37	67.00	7:58:46	7:08	1	-	38	3:16:41