



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Blank, Heinz gerd

Club: TURA Brüggen 1923 e.V.

Number: 1591

Course: 67.00 km

67 km Lauf

Category:

Senioren M55

Total time: 7:58:51

Speed: 8.40 km/h

Running performance: 7:09 min/km

Rank in course/Total: 50 (of 80)

Rank in course/Men: 39 (of 60)

Best time in course: 4:42:05

Rank in category: 3(of 5)

Best time in the category: 6:54:15

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	2:20:37	7:12	3	22:40	46	57:49	19.50	2:20:37	7:12	3	22:40	10	7:21
Kühude	20.50	2:32:22	7:25	4	30:37	48	1:06:17	40.00	4:52:59	7:19	3	53:17	10	14:51
Nasse Wiese	20.50	2:29:54	7:18	3	11:44	37	1:02:56	60.50	7:22:53	7:19	3	1:05:01	10	
Finish	6.50	35:58	5:31	1	-	28	11:45	67.00	7:58:51	7:08	3	1:04:36	39	3:16:46