



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Hein, Dietmar

Club: LG Warstein/Rüthen

Number: 293

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 7:59:10

Speed: 8.39 km/h

Running performance: 7:09 min/km

Rank in course/Total: 52 (of 80)

Rank in course/Men: 41 (of 60)

Best time in course: 4:42:05

Rank in category: 10(of 16)

Best time in the category: 5:19:47

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	2:03:18	6:19	7	29:43	33	40:30	19.50	2:03:18	6:19	10	29:43	12	
Kühude	20.50	2:18:56	6:46	8	42:14	36	52:51	40.00	4:22:14	6:33	10	1:10:50	12	
Nasse Wiese	20.50	2:50:19	8:18	9	1:09:31	45	1:23:21	60.50	7:12:33	7:08	9	2:17:46	12	
Finish	6.50	46:37	7:10	11	21:37	48	22:24	67.00	7:59:10	7:09	10	2:39:23	41	3:17:05