



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Ernst, Roland

Club: LC Olympia Wiesbaden

Number: 287

Course: 67.00 km

67 km Lauf

Category:

Senioren M55

Total time: 8:07:31

Speed: 8.25 km/h

Running performance: 7:17 min/km

Rank in course/Total: 54 (of 80)

Rank in course/Men: 43 (of 60)

Best time in course: 4:42:05

Rank in category: 4(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	2:22:48	7:19	4	24:51	47	1:00:00	19.50	2:22:48	7:19	4	24:51	14	9:32
Kühude	20.50	2:25:12	7:04	3	23:27	43	59:07	40.00	4:48:00	7:12	4	48:18	14	9:52
Nasse Wiese	20.50	2:38:27	7:43	4	20:17	42	1:11:29	60.50	7:26:27	7:22	4	1:08:35	14	
Finish	6.50	41:04	6:19	4	5:06	37	16:51	67.00	8:07:31	7:16	4	1:13:16	43	3:25:26