



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Braun, Andreas

Club: 100 Marathon Club

Number: 534

Course: 42.00 km

42 km Lauf

Category:

Senioren M60

Total time: 5:42:39

Speed: 7.35 km/h

Running performance: 8:10 min/km

Rank in course/Total: 59 (of 67)

Rank in course/Men: 51 (of 55)

Best time in course: 3:03:07

Rank in category: 4(of 5)

Best time in the category: 4:42:47

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	2:30:40	7:43	4	25:25	51	1:08:53	19.50	2:30:40	7:43	4	23:14	24	15:37
Obersorpe	8.00	1:07:29	8:26	4	18:17	52	33:35	27.50	3:38:09	7:55	4	41:31	24	25:01
Finish	14.50	2:04:30	8:35	3	18:21	48	57:04	42.00	5:42:39	8:09	4	59:52	51	2:39:32