



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Sembach, Markus

Club: Lauf Team Unna

Number: 524

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 5:43:30

Speed: 7.34 km/h

Running performance: 8:11 min/km

Rank in course/Total: 60 (of 67)

Rank in course/Men: 52 (of 55)

Best time in course: 3:03:07

Rank in category: 6(of 7)

Best time in the category: 4:11:58

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	2:30:00	7:41	6	36:23	50	1:08:13	19.50	2:30:00	7:41	6	36:23	25	14:57
Obersorpe	8.00	1:06:47	8:20	6	22:01	51	32:53	27.50	3:36:47	7:52	6	58:21	25	23:39
Finish	14.50	2:06:43	8:44	6	33:11	51	59:17	42.00	5:43:30	8:10	6	1:31:32	52	2:40:23