



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Lichtenstein, Jörg

Club: AS Neukirchen-Vluyn

Number: 309

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 8:58:03

Speed: 7.47 km/h

Running performance: 8:02 min/km

Rank in course/Total: 69 (of 80)

Rank in course/Men: 53 (of 60)

Best time in course: 4:42:05

Rank in category: 13(of 14)

Best time in the category: 4:57:18

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	1:41:24	5:12	5	15:49	18	18:36	19.50	1:41:24	5:12	13	15:49	24	
Kühude	20.50	3:26:48	10:05	14	1:59:34	59	2:00:43	40.00	5:08:12	7:42	13	2:13:55	24	30:04
Nasse Wiese	20.50	1:39:10	4:50	2	2:26	6	12:12	60.50	6:47:22	6:44	13	2:16:21	23	
Finish	6.50	2:10:41	20:06	14	1:44:24	57	1:46:28	67.00	8:58:03	8:01	13	4:00:45	53	4:15:58