



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch  
Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Wiese, Michael

Club: Hamburg  
Number: 1556

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M55

Total time: 11:17:08

Speed: 8.95 km/h  
Running performance: 6:42 min/km

Rank in course/Total: 18 (of 98)

Rank in course/Men: 14 (of 84)

Best time in course: 8:25:02

Rank in category: 2(of 11)

Best time in the category: 10:38:57

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Nasse Wiese	19.50	1:55:54	5:56	2	9:18	12	26:29	19.50	1:55:54	5:56	2			51	
Kühude	20.50	2:07:16	6:12	3	16:13	19	31:37	40.00	4:03:10	6:04	2			51	
Rhein-Weser-Tur	17.00	1:51:25	6:33	3	6:28	18	38:40	57.00	5:54:35	6:13	2	3:26		51	
Kühude	17.00	2:06:51	7:27	3	18:28	27	39:40	74.00	8:01:26	6:30	2	21:54		51	
Nasse Wiese	20.50	2:32:17	7:25	2	10:26	14	37:18	94.50	10:33:43	6:42	2	32:20		49	
Finish	6.50	43:25	6:40	5	5:51	32	15:08	101.00	11:17:08	6:42	2	38:11	14	2:52:06	