



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Weber, Silvio

Club: ASFM Göttingen

Number: 239

Course: 101.00 km

101 km Lauf

Category:

Senioren M30

Total time: 11:26:10

Speed: 8.83 km/h

Running performance: 6:47 min/km

Rank in course/Total: 21 (of 98)

Rank in course/Men: 16 (of 84)

Best time in course: 8:25:02

Rank in category: 2(of 6)

Best time in the category: 8:54:49

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 | 2:03:48 | 6:20 | 3 | 24:11 | 27 | 34:23 | 19.50 | 2:03:48 | 6:20 | 2 | 24:11 | 49 | |
| Kühude | 20.50 | 2:08:57 | 6:17 | 2 | 10:20 | 23 | 33:18 | 40.00 | 4:12:45 | 6:19 | 2 | 34:31 | 49 | |
| Rhein-Weser-Tur | 17.00 | 1:54:08 | 6:42 | 2 | 41:23 | 22 | 41:23 | 57.00 | 6:06:53 | 6:26 | 2 | 1:15:54 | 49 | |
| Kühude | 17.00 | 2:02:26 | 7:12 | 2 | 32:47 | 20 | 35:15 | 74.00 | 8:09:19 | 6:36 | 2 | 1:48:41 | 49 | |
| Nasse Wiese | 20.50 | 2:39:16 | 7:46 | 2 | 36:02 | 18 | 44:17 | 94.50 | 10:48:35 | 6:51 | 2 | 2:24:43 | 47 | |
| Finish | 6.50 | 37:35 | 5:46 | 3 | 6:38 | 12 | 9:18 | 101.00 | 11:26:10 | 6:47 | 2 | 2:31:21 | 16 | 3:01:08 |