



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			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