



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Grisel, Martijn**

Club: Zevenaar

Number: 170

Course: 101.00 km

101 km Lauf

Category:

Senioren M35

Total time: 11:27:54

Speed: 8.81 km/h

Running performance: 6:49 min/km

Rank in course/Total: 23 (of 98)

Rank in course/Men: 18 (of 84)

Best time in course: 8:25:02

Rank in category: 1(of 7)

Best time in the category: 11:27:54

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:05:44	6:26	3	11:45	29	36:19	19.50	2:05:44	6:26	1	-	47	
Kühude	20.50	2:12:30	6:27	4	4:30	29	36:51	40.00	4:18:14	6:27	1	-	47	
Rhein-Weser-Tur	17.00	1:50:35	6:30	1	-	17	37:50	57.00	6:08:49	6:28	1	-	47	
Kühude	17.00	2:03:37	7:16	3	4:50	22	36:26	74.00	8:12:26	6:39	1	-	47	
Nasse Wiese	20.50	2:35:32	7:35	1	-	15	40:33	94.50	10:47:58	6:51	1	-	45	
Finish	6.50	39:56	6:08	3	2:17	23	11:39	101.00	11:27:54	6:48	1	-	18	3:02:52