



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Grundt, Dirk

Club: Team TorTour de Ruhr

Number: 1610

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 11:28:44

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 25 (of 98)

Rank in course/Men: 19 (of 84)

Best time in course: 8:25:02

Rank in category: 6(of 15)

Best time in the category: 8:25:02

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	2:01:34	6:14	6	32:09	22	32:09	19.50	2:01:34	6:14	6	32:09	46	
Kühude	20.50	2:07:59	6:14	6	32:20	21	32:20	40.00	4:09:33	6:14	6	1:04:29	46	
Rhein-Weser-Tur	17.00	1:55:28	6:47	7	31:19	26	42:43	57.00	6:05:01	6:24	6	1:35:48	46	
Kühude	17.00	1:58:36	6:58	5	28:38	15	31:25	74.00	8:03:37	6:32	6	2:04:26	46	
Nasse Wiese	20.50	2:46:55	8:08	7	51:56	29	51:56	94.50	10:50:32	6:53	6	2:56:22	44	
Finish	6.50	38:12	5:52	5	7:20	18	9:55	101.00	11:28:44	6:49	6	3:03:42	19	3:03:42