



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Werbonat, Jens

Club: DUV

Number: 241

Course: 101.00 km

101 km Lauf

Category:

Senioren M40

Total time: 11:28:44

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 26 (of 98)

Rank in course/Men: 19 (of 84)

Best time in course: 8:25:02

Rank in category: 3(of 13)

Best time in the category: 8:45:02

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	2:01:32	6:13	6	19:17	21	32:07	19.50	2:01:32	6:13	3	19:17	45	
Kühude	20.50	2:07:56	6:14	6	22:37	20	32:17	40.00	4:09:28	6:14	3	41:54	45	
Rhein-Weser-Tur	17.00	1:55:31	6:47	5	31:34	27	42:46	57.00	6:04:59	6:24	3	1:13:28	45	
Kühude	17.00	1:58:43	6:59	3	31:32	16	31:32	74.00	8:03:42	6:32	3	1:45:00	45	
Nasse Wiese	20.50	2:46:48	8:08	5	48:45	26	51:49	94.50	10:50:30	6:53	3	2:33:45	43	
Finish	6.50	38:14	5:52	3	9:57	19	9:57	101.00	11:28:44	6:49	3	2:43:42	19	3:03:42