



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Kus, Darius

Club: Bottrop

Number: 188

Course: 101.00 km

101 km Lauf

Category:

Senioren M35

Total time: 11:28:44

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 24 (of 98)

Rank in course/Men: 19 (of 84)

Best time in course: 8:25:02

Rank in category: 2(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.	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	2:01:36	6:14	2	7:37	23	32:11	19.50	2:01:36	6:14	2			44	
Kühude	20.50	2:08:00	6:14	1	-	22	32:21	40.00	4:09:36	6:14	2			44	
Rhein-Weser-Tur	17.00	1:55:21	6:47	3	4:46	25	42:36	57.00	6:04:57	6:24	2			44	
Kühude	17.00	1:58:47	6:59	1	-	17	31:36	74.00	8:03:44	6:32	2			44	
Nasse Wiese	20.50	2:46:50	8:08	3	11:18	28	51:51	94.50	10:50:34	6:53	2	2:36		52	
Finish	6.50	38:10	5:52	2	0:31	17	9:53	101.00	11:28:44	6:49	2	0:50		19	3:03:42