



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Wurm, Christoph**

Club: crazyrunner.DE

Number: 244

Course: 101.00 km

101 km Lauf

Category:

Senioren M40

Total time: 11:32:43

Speed: 8.75 km/h

Running performance: 6:52 min/km

Rank in course/Total: 27 (of 98)

Rank in course/Men: 22 (of 84)

Best time in course: 8:25:02

Rank in category: 4(of 13)

Best time in the category: 8:45:02

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Nasse Wiese     | 19.50       | 1:56:49       | 5:59            | 4           | 14:34          | 13          | 27:24         | 19.50         | 1:56:49       | 5:59            | 4           | 14:34          | 54         |               |
| Kühude          | 20.50       | 2:02:22       | 5:58            | 4           | 17:03          | 13          | 26:43         | 40.00         | 3:59:11       | 5:58            | 4           | 31:37          | 54         |               |
| Rhein-Weser-Tur | 17.00       | 1:52:20       | 6:36            | 3           | 28:23          | 19          | 39:35         | 57.00         | 5:51:31       | 6:10            | 4           | 1:00:00        | 54         |               |
| Kühude          | 17.00       | 2:09:37       | 7:37            | 4           | 42:26          | 29          | 42:26         | 74.00         | 8:01:08       | 6:30            | 4           | 1:42:26        | 54         |               |
| Nasse Wiese     | 20.50       | 2:44:42       | 8:02            | 3           | 46:39          | 23          | 49:43         | 94.50         | 10:45:50      | 6:50            | 4           | 2:29:05        | 81         |               |
| Finish          | 6.50        | 46:53         | 7:12            | 8           | 18:36          | 43          | 18:36         | 101.00        | 11:32:43      | 6:51            | 4           | 2:47:41        | 22         | 3:07:41       |