



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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind 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	