



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

stohldreier, thorsten

Club: stulle sparclub spiekers corner marsberg
Number: 229

Course: 101.00 km
101 km Lauf

Category:
Senioren M40

Total time: 11:32:44

Speed: 8.75 km/h
Running performance: 6:52 min/km

Rank in course/Total: 28 (of 98)

Rank in course/Men: 23 (of 84)

Best time in course: 8:25:02

Rank in category: 5(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	1:56:51	5:59	5	14:36	15	27:26	19.50	1:56:51	5:59	5	14:36	84	
Kühude	20.50	2:02:18	5:57	3	16:59	12	26:39	40.00	3:59:09	5:58	5	31:35	83	
Rhein-Weser-Tur	17.00	1:52:21	6:36	4	28:24	20	39:36	57.00	5:51:30	6:10	5	59:59	83	
Kühude	17.00	2:09:41	7:37	5	42:30	30	42:30	74.00	8:01:11	6:30	5	1:42:29	84	
Nasse Wiese	20.50	2:44:42	8:02	3	46:39	23	49:43	94.50	10:45:53	6:50	5	2:29:08	80	
Finish	6.50	46:51	7:12	7	18:34	41	18:34	101.00	11:32:44	6:51	5	2:47:42	23	3:07:42