



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Scheib, Marco

Club: Pennigsehl

Number: 324

Course: 101.00 km

101 km Lauf

Category:

Senioren M35

Total time: 11:33:15

Speed: 8.74 km/h

Running performance: 6:52 min/km

Rank in course/Total: 29 (of 98)

Rank in course/Men: 24 (of 84)

Best time in course: 8:25:02

Rank in category: 3(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	2:10:05	6:40	5	16:06	32	40:40	19.50	2:10:05	6:40	3	4:21	83	
Kühude	20.50	2:10:36	6:22	2	2:36	24	34:57	40.00	4:20:41	6:31	3	2:27	82	
Rhein-Weser-Tur	17.00	1:58:16	6:57	4	7:41	29	45:31	57.00	6:18:57	6:38	3	10:08	82	
Kühude	17.00	2:00:07	7:03	2	1:20	18	32:56	74.00	8:19:04	6:44	3	6:38	83	
Nasse Wiese	20.50	2:36:32	7:38	2	1:00	16	41:33	94.50	10:55:36	6:56	3	7:38	79	
Finish	6.50	37:39	5:47	1	-	14	9:22	101.00	11:33:15	6:51	3	5:21	24	3:08:13