



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Jaich, Marcus

Club: Mannheim

Number: 183

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 11:54:10

Speed: 8.49 km/h

Running performance: 7:04 min/km

Rank in course/Total: 32 (of 98)

Rank in course/Men: 26 (of 84)

Best time in course: 8:25:02

Rank in category: 7(of 15)

Best time in the category: 8:25:02

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	2:14:00	6:52	9	44:35	37	44:35	19.50	2:14:00	6:52	7	44:35	81	
Kühude	20.50	2:16:53	6:40	8	41:14	32	41:14	40.00	4:30:53	6:46	7	1:25:49	80	
Rhein-Weser-Tur	17.00	1:54:39	6:44	6	30:30	23	41:54	57.00	6:25:32	6:45	7	1:56:19	80	
Kühude	17.00	2:02:18	7:11	6	32:20	19	35:07	74.00	8:27:50	6:51	7	2:28:39	81	
Nasse Wiese	20.50	2:46:48	8:08	6	51:49	26	51:49	94.50	11:14:38	7:08	7	3:20:28	77	
Finish	6.50	39:32	6:04	6	8:40	22	11:15	101.00	11:54:10	7:04	7	3:29:08	26	3:29:08