



## 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

### Detailed evaluation

**Schläger, Lars**

Club: Trail Team OWL

Number: 218

Course: 101.00 km

101 km Lauf

Category:

Senioren M30

Total time: 12:02:20

Speed: 8.39 km/h

Running performance: 7:09 min/km

Rank in course/Total: 36 (of 98)

Rank in course/Men: 29 (of 84)

Best time in course: 8:25:02

Rank in category: 3(of 6)

Best time in the category: 8:54:49

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | 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       | 2:11:36       | 6:44            | 4           | 31:59          | 33         | 42:11         | 19.50       | 2:11:36       | 6:44            | 3           | 31:59          | 78         |               |
| Kühude          | 20.50       | 2:19:24       | 6:48            | 4           | 20:47          | 35         | 43:45         | 40.00       | 4:31:00       | 6:46            | 3           | 52:46          | 77         |               |
| Rhein-Weser-Tur | 17.00       | 2:00:25       | 7:05            | 3           | 47:40          | 31         | 47:40         | 57.00       | 6:31:25       | 6:52            | 3           | 1:40:26        | 77         |               |
| Kühude          | 17.00       | 2:09:36       | 7:37            | 3           | 39:57          | 28         | 42:25         | 74.00       | 8:41:01       | 7:02            | 3           | 2:20:23        | 78         |               |
| Nasse Wiese     | 20.50       | 2:43:51       | 7:59            | 3           | 40:37          | 21         | 48:52         | 94.50       | 11:24:52      | 7:14            | 3           | 3:01:00        | 74         |               |
| Finish          | 6.50        | 37:28         | 5:45            | 2           | 6:31           | 10         | 9:11          | 101.00      | 12:02:20      | 7:09            | 3           | 3:07:31        | 29         | 3:37:18       |