



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Liesch, Markus

Club: Namnori-run

Number: 194

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 12:17:06

Speed: 8.22 km/h

Running performance: 7:18 min/km

Rank in course/Total: 39 (of 98)

Rank in course/Men: 32 (of 84)

Best time in course: 8:25:02

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:01:28	6:13	5	32:03	20	32:03	19.50	2:01:28	6:13	8	32:03	64	
Kühude	20.50	2:18:28	6:45	9	42:49	34	42:49	40.00	4:19:56	6:29	8	1:14:52	64	
Rhein-Weser-Tur	17.00	2:03:44	7:16	9	39:35	37	50:59	57.00	6:23:40	6:43	8	1:54:27	64	
Kühude	17.00	2:05:28	7:22	8	35:30	25	38:17	74.00	8:29:08	6:52	8	2:29:57	64	
Nasse Wiese	20.50	2:59:07	8:44	9	1:04:08	42	1:04:08	94.50	11:28:15	7:16	8	3:34:05	71	
Finish	6.50	48:51	7:30	10	17:59	48	20:34	101.00	12:17:06	7:17	8	3:52:04	32	3:52:04