



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Balzk, Harald

Club: Bad Karlshafen

Number: 146

Course: 101.00 km

101 km Lauf

Category:

Senioren M55

Total time: 12:22:27

Speed: 8.16 km/h

Running performance: 7:21 min/km

Rank in course/Total: 40 (of 98)

Rank in course/Men: 33 (of 84)

Best time in course: 8:25:02

Rank in category: 3(of 11)

Best time in the category: 10:38:57

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	2:27:06	7:32	7	40:30	62	57:41	19.50	2:27:06	7:32	3	25:48	74	
Kühude	20.50	2:25:34	7:06	4	34:31	43	49:55	40.00	4:52:40	7:19	3	48:47	73	
Rhein-Weser-Tur	17.00	2:00:39	7:05	4	15:42	32	47:54	57.00	6:53:19	7:15	3	1:02:10	73	
Kühude	17.00	2:05:16	7:22	2	16:53	24	38:05	74.00	8:58:35	7:16	3	1:19:03	74	
Nasse Wiese	20.50	2:44:37	8:01	3	22:46	22	49:38	94.50	11:43:12	7:26	3	1:41:49	70	
Finish	6.50	39:15	6:02	2	1:41	20	10:58	101.00	12:22:27	7:21	3	1:43:30	33	3:57:25