



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Schmidt, Uwe

Club: LT Hennef/Sieg

Number: 219

Course: 101.00 km

101 km Lauf

Category:

Senioren M55

Total time: 12:39:06

Speed: 7.98 km/h

Running performance: 7:31 min/km

Rank in course/Total: 42 (of 98)

Rank in course/Men: 34 (of 84)

Best time in course: 8:25:02

Rank in category: 4(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	2:17:26	7:02	4	30:50	43	48:01	19.50	2:17:26	7:02	4	16:08	73	
Kühude	20.50	2:28:24	7:14	6	37:21	51	52:45	40.00	4:45:50	7:08	4	41:57	72	
Rhein-Weser-Tur	17.00	2:06:59	7:28	5	22:02	40	54:14	57.00	6:52:49	7:14	4	1:01:40	72	
Kühude	17.00	2:13:53	7:52	4	25:30	34	46:42	74.00	9:06:42	7:23	4	1:27:10	73	
Nasse Wiese	20.50	2:50:29	8:18	4	28:38	35	55:30	94.50	11:57:11	7:35	4	1:55:48	69	
Finish	6.50	41:55	6:26	4	4:21	28	13:38	101.00	12:39:06	7:30	4	2:00:09	34	4:14:04