



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Haverkamp, Andreas

Club: LG DU

Number: 1609

Course: 101.00 km

101 km Lauf

Category:

Senioren M30

Total time: 12:41:37

Speed: 7.96 km/h

Running performance: 7:32 min/km

Rank in course/Total: 44 (of 98)

Rank in course/Men: 35 (of 84)

Best time in course: 8:25:02

Rank in category: 4(of 6)

Best time in the category: 8:54:49

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	2:02:56	6:18	2	23:19	26	33:31	19.50	2:02:56	6:18	4	23:19	72	
Kühude	20.50	2:12:42	6:28	3	14:05	30	37:03	40.00	4:15:38	6:23	4	37:24	71	
Rhein-Weser-Tur	17.00	2:18:24	8:08	5	1:05:39	63	1:05:39	57.00	6:34:02	6:54	4	1:43:03	71	
Kühude	17.00	2:12:21	7:47	4	42:42	32	45:10	74.00	8:46:23	7:06	4	2:25:45	72	
Nasse Wiese	20.50	3:09:13	9:13	5	1:05:59	57	1:14:14	94.50	11:55:36	7:34	4	3:31:44	68	
Finish	6.50	46:01	7:04	4	15:04	37	17:44	101.00	12:41:37	7:32	4	3:46:48	35	4:16:35