



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Grote, Henner

Club: München

Number: 172

Course: 101.00 km

101 km Lauf

Category:

Senioren M35

Total time: 12:43:14

Speed: 7.94 km/h

Running performance: 7:34 min/km

Rank in course/Total: 45 (of 98)

Rank in course/Men: 36 (of 84)

Best time in course: 8:25:02

Rank in category: 5(of 7)

Best time in the category: 11:27:54

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	1:53:59	5:50	1	-	10	24:34	19.50	1:53:59	5:50	5			71	
Kühude	20.50	2:18:11	6:44	5	10:11	33	42:32	40.00	4:12:10	6:18	5			70	
Rhein-Weser-Tur	17.00	2:00:09	7:04	5	9:34	30	47:24	57.00	6:12:19	6:31	5	3:30		70	
Kühude	17.00	2:22:12	8:21	5	23:25	46	55:01	74.00	8:34:31	6:57	5	22:05		71	
Nasse Wiese	20.50	2:59:01	8:43	5	23:29	41	1:04:02	94.50	11:33:32	7:20	5	45:34		67	
Finish	6.50	1:09:42	10:43	7	32:03	79	41:25	101.00	12:43:14	7:33	5	1:15:20	36	4:18:12	