



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Ladegast, Dieter

Club: preconGang

Number: 190

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 12:47:18

Speed: 7.90 km/h

Running performance: 7:36 min/km

Rank in course/Total: 47 (of 98)

Rank in course/Men: 38 (of 84)

Best time in course: 8:25:02

Rank in category: 8(of 22)

Best time in the category: 9:37:03

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total km | Total Time | Total min/km | Total ranking | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|---------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | | | | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Nasse Wiese | 19.50 | 2:27:21 | 7:33 | 16 | 38:05 | 67 | 57:56 | 19.50 | 2:27:21 | 7:33 | 7 | | | 40 |
| Kühude | 20.50 | 2:27:49 | 7:12 | 12 | 34:46 | 50 | 52:10 | 40.00 | 4:55:10 | 7:22 | 16 | | | 68 |
| Rhein-Weser-Tur | 17.00 | 2:05:45 | 7:23 | 8 | 32:13 | 39 | 53:00 | 57.00 | 7:00:55 | 7:23 | 16 | | | 68 |
| Kühude | 17.00 | 2:15:23 | 7:57 | 8 | 36:56 | 37 | 48:12 | 74.00 | 9:16:18 | 7:31 | 16 | | | 69 |
| Nasse Wiese | 20.50 | 2:50:14 | 8:18 | 8 | 41:58 | 33 | 55:15 | 94.50 | 12:06:32 | 7:41 | 16 | | | 65 |
| Finish | 6.50 | 40:46 | 6:16 | 6 | 6:17 | 25 | 12:29 | 101.00 | 12:47:18 | 7:35 | 8 | 3:10:15 | 38 | 4:22:16 |