



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Lorenz, Michael

Club: Inden
Number: 196

Course: 101.00 km
101 km Lauf

Category:
Senioren M55

Total time: 12:47:56

Speed: 7.89 km/h
Running performance: 7:36 min/km

Rank in course/Total: 48 (of 98)

Rank in course/Men: 39 (of 84)

Best time in course: 8:25:02

Rank in category: 5(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	1:46:36	5:28	1	-	4	17:11	19.50	1:46:36	5:28	5		68	
Kühude	20.50	1:51:03	5:25	1	-	4	15:24	40.00	3:37:39	5:26	5		67	
Rhein-Weser-Tur	17.00	1:44:57	6:10	1	-	10	32:12	57.00	5:22:36	5:39	5		67	
Kühude	17.00	2:39:19	9:22	11	50:56	75	1:12:08	74.00	8:01:55	6:30	5	22:23	68	
Nasse Wiese	20.50	3:24:33	9:58	11	1:02:42	75	1:29:34	94.50	11:26:28	7:15	5	1:25:05	64	
Finish	6.50	1:21:28	12:31	11	43:54	81	53:11	101.00	12:47:56	7:36	5	2:08:59	39	4:22:54