



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Walker, Andreas

Club: BSG RheinEnergie

Number: 235

Course: 101.00 km

101 km Lauf

Category:

Senioren M40

Total time: 12:49:21

Speed: 7.88 km/h

Running performance: 7:37 min/km

Rank in course/Total: 50 (of 98)

Rank in course/Men: 40 (of 84)

Best time in course: 8:25:02

Rank in category: 8(of 13)

Best time in the category: 8:45:02

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 | 2:15:44 | 6:57 | 8 | 33:29 | 39 | 46:19 | 19.50 | 2:15:44 | 6:57 | 8 | 33:29 | 67 | |
| Kühude | 20.50 | 2:19:37 | 6:48 | 8 | 34:18 | 36 | 43:58 | 40.00 | 4:35:21 | 6:53 | 8 | 1:07:47 | 66 | |
| Rhein-Weser-Tur | 17.00 | 2:08:17 | 7:32 | 9 | 44:20 | 41 | 55:32 | 57.00 | 6:43:38 | 7:04 | 8 | 1:52:07 | 66 | |
| Kühude | 17.00 | 2:14:14 | 7:53 | 6 | 47:03 | 36 | 47:03 | 74.00 | 8:57:52 | 7:16 | 8 | 2:39:10 | 67 | |
| Nasse Wiese | 20.50 | 3:00:33 | 8:48 | 8 | 1:02:30 | 43 | 1:05:34 | 94.50 | 11:58:25 | 7:36 | 8 | 3:41:40 | 63 | |
| Finish | 6.50 | 50:56 | 7:50 | 10 | 22:39 | 54 | 22:39 | 101.00 | 12:49:21 | 7:37 | 8 | 4:04:19 | 40 | 4:24:19 |