



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Becker, Mattin

Club: Troisdorfer LG M.U.T.

Number: 147

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 12:57:27

Speed: 7.79 km/h

Running performance: 7:42 min/km

Rank in course/Total: 52 (of 98)

Rank in course/Men: 41 (of 84)

Best time in course: 8:25:02

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:25:18	7:27	11	36:02	56	55:53	19.50	2:25:18	7:27	15		66	
Kühude	20.50	2:24:29	7:02	9	31:26	41	48:50	40.00	4:49:47	7:14	15		65	
Rhein-Weser-Tur	17.00	2:16:33	8:01	16	43:01	58	1:03:48	57.00	7:06:20	7:28	15		65	
Kühude	17.00	2:22:45	8:23	12	44:18	49	55:34	74.00	9:29:05	7:41	15		66	
Nasse Wiese	20.50	2:46:21	8:06	7	38:05	25	51:22	94.50	12:15:26	7:46	15		32	
Finish	6.50	42:01	6:27	7	7:32	31	13:44	101.00	12:57:27	7:41	9	3:20:24	41	4:32:25