



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Gräwe, Detlef

Club: Tri-As Hamm

Number: 173

Course: 101.00 km

101 km Lauf

Category:

Senioren M60

Total time: 12:57:27

Speed: 7.79 km/h

Running performance: 7:42 min/km

Rank in course/Total: 53 (of 98)

Rank in course/Men: 41 (of 84)

Best time in course: 8:25:02

Rank in category: 2(of 6)

Best time in the category: 10:08:37

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	2:12:40	6:48	2	17:55	35	43:15	19.50	2:12:40	6:48	2	17:55	65	
Kühude	20.50	2:21:41	6:54	2	22:58	38	46:02	40.00	4:34:21	6:51	2	40:53	33	
Rhein-Weser-Tur	17.00	2:09:12	7:35	2	29:07	42	56:27	57.00	6:43:33	7:04	2	1:10:00	33	
Kühude	17.00	2:28:55	8:45	3	47:23	58	1:01:44	74.00	9:12:28	7:27	2	1:57:23	65	
Nasse Wiese	20.50	3:04:47	9:00	3	46:44	49	1:09:48	94.50	12:17:15	7:48	2	2:44:07	21	
Finish	6.50	40:12	6:11	2	4:43	24	11:55	101.00	12:57:27	7:41	2	2:48:50	41	4:32:25