



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Rave, Heini

Club: Ava 70

Number: 212

Course: 101.00 km

101 km Lauf

Category:

Senioren M40

Total time: 13:11:04

Speed: 7.66 km/h

Running performance: 7:50 min/km

Rank in course/Total: 54 (of 98)

Rank in course/Men: 43 (of 84)

Best time in course: 8:25:02

Rank in category: 9(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	2:29:33	7:40	13	47:18	73	1:00:08	19.50	2:29:33	7:40	9	47:18	33		
Kühude	20.50	2:29:37	7:17	11	44:18	52	53:58	40.00	4:59:10	7:28	9	1:31:36	21		
Rhein-Weser-Tur	17.00	2:17:49	8:06	10	53:52	62	1:05:04	57.00	7:16:59	7:39	9	2:25:28	21		
Kühude	17.00	2:22:17	8:22	9	55:06	48	55:06	74.00	9:39:16	7:49	9	3:20:34	33		
Nasse Wiese	20.50	2:48:00	8:11	6	49:57	30	53:01	94.50	12:27:16	7:54	9	4:10:31	20		
Finish	6.50	43:48	6:44	6	15:31	34	15:31	101.00	13:11:04	7:49	9	4:26:02	43	4:46:02	