



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Drenthel, Henrie**

Club: AVA70

Number: 156

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 13:11:04

Speed: 7.66 km/h

Running performance: 7:50 min/km

Rank in course/Total: 55 (of 98)

Rank in course/Men: 43 (of 84)

Best time in course: 8:25:02

Rank in category: 10(of 15)

Best time in the category: 8:25:02

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	2:29:31	7:40	15	1:00:06	72	1:00:06	19.50	2:29:31	7:40	10	1:00:06	21	
Kühude	20.50	2:29:55	7:18	12	54:16	54	54:16	40.00	4:59:26	7:29	10	1:54:22	20	
Rhein-Weser-Tur	17.00	2:17:30	8:05	11	53:21	61	1:04:45	57.00	7:16:56	7:39	10	2:47:43	20	
Kühude	17.00	2:22:14	8:21	10	52:16	47	55:03	74.00	9:39:10	7:49	10	3:39:59	21	
Nasse Wiese	20.50	2:48:09	8:12	8	53:10	31	53:10	94.50	12:27:19	7:54	10	4:33:09	19	
Finish	6.50	43:45	6:43	7	12:53	33	15:28	101.00	13:11:04	7:49	10	4:46:02	43	4:46:02