



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Kortyka, Joachim

Club: 100 Marathon Club

Number: 186

Course: 101.00 km

101 km Lauf

Category:

Senioren M55

Total time: 13:18:39

Speed: 7.59 km/h

Running performance: 7:55 min/km

Rank in course/Total: 57 (of 98)

Rank in course/Men: 46 (of 84)

Best time in course: 8:25:02

Rank in category: 6(of 11)

Best time in the category: 10:38:57

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	2:32:56	7:50	10	46:20	80	1:03:31	19.50	2:32:56	7:50	6	31:38	19	1:25
Kühude	20.50	2:33:28	7:29	7	42:25	62	57:49	40.00	5:06:24	7:39	6	1:02:31	18	1:36
Rhein-Weser-Tur	17.00	2:10:30	7:40	7	25:33	46	57:45	57.00	7:16:54	7:39	6	1:25:45	18	
Kühude	17.00	2:14:01	7:53	5	25:38	35	46:50	74.00	9:30:55	7:42	6	1:51:23	19	
Nasse Wiese	20.50	3:06:43	9:06	7	44:52	53	1:11:44	94.50	12:37:38	8:01	6	2:36:15	17	
Finish	6.50	41:01	6:18	3	3:27	26	12:44	101.00	13:18:39	7:54	6	2:39:42	46	4:53:37