



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Harenberg, Henk

Club: ASV Eibergen

Number: 176

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 13:20:40

Speed: 7.57 km/h

Running performance: 7:56 min/km

Rank in course/Total: 58 (of 98)

Rank in course/Men: 47 (of 84)

Best time in course: 8:25:02

Rank in category: 10(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.	Stage score		Total			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	2:26:23	7:30	14	37:07	61	56:58	19.50	2:26:23	7:30	14		18	
Kühude	20.50	2:26:05	7:07	10	33:02	44	50:26	40.00	4:52:28	7:18	14		17	
Rhein-Weser-Tur	17.00	2:09:33	7:37	9	36:01	43	56:48	57.00	7:02:01	7:24	14		17	
Kühude	17.00	2:18:36	8:09	9	40:09	40	51:25	74.00	9:20:37	7:34	14		18	
Nasse Wiese	20.50	3:12:28	9:23	15	1:04:12	58	1:17:29	94.50	12:33:05	7:58	14		16	
Finish	6.50	47:35	7:19	12	13:06	46	19:18	101.00	13:20:40	7:55	10	3:43:37	47	4:55:38