



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

heitfeldt, ulrich

Club: lg hannover

Number: 177

Course: 101.00 km

101 km Lauf

Category:

Senioren M55

Total time: 13:23:04

Speed: 7.55 km/h

Running performance: 7:57 min/km

Rank in course/Total: 59 (of 98)

Rank in course/Men: 48 (of 84)

Best time in course: 8:25:02

Rank in category: 7(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	2:20:35	7:12	5	33:59	44	51:10	19.50	2:20:35	7:12	7	19:17	17	
Kühude	20.50	2:26:44	7:09	5	35:41	47	51:05	40.00	4:47:19	7:10	7	43:26	16	
Rhein-Weser-Tur	17.00	2:12:51	7:48	8	27:54	48	1:00:06	57.00	7:00:10	7:22	7	1:09:01	16	
Kühude	17.00	2:24:41	8:30	7	36:18	52	57:30	74.00	9:24:51	7:37	7	1:45:19	17	
Nasse Wiese	20.50	3:05:57	9:04	6	44:06	51	1:10:58	94.50	12:30:48	7:56	7	2:29:25	15	
Finish	6.50	52:16	8:02	8	14:42	58	23:59	101.00	13:23:04	7:57	7	2:44:07	48	4:58:02