



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Krallmann, Jörg

Club: Lauffreunde Emsland

Number: 305

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 13:27:02

Speed: 7.51 km/h

Running performance: 7:59 min/km

Rank in course/Total: 63 (of 98)

Rank in course/Men: 51 (of 84)

Best time in course: 8:25:02

Rank in category: 12(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:31:31	7:46	21	42:15	75	1:02:06	19.50	2:31:31	7:46	1	-	1	-
Kühude	20.50	2:33:17	7:28	15	40:14	58	57:38	40.00	5:04:48	7:37	1	-	1	-
Rhein-Weser-Tur	17.00	2:13:40	7:51	14	40:08	53	1:00:55	57.00	7:18:28	7:41	1	-	1	-
Kühude	17.00	2:21:22	8:18	10	42:55	42	54:11	74.00	9:39:50	7:50	1	-	1	-
Nasse Wiese	20.50	2:57:56	8:40	11	49:40	38	1:02:57	94.50	12:37:46	8:01	1	-	1	-
Finish	6.50	49:16	7:34	14	14:47	49	20:59	101.00	13:27:02	7:59	12	3:49:59	51	5:02:00