



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Schmidt-Soltau, Peer

Club: 100 Marathon Club

Number: 1612

Course: 101.00 km

101 km Lauf

Category:

Senioren M30

Total time: 13:36:47

Speed: 7.42 km/h

Running performance: 8:05 min/km

Rank in course/Total: 67 (of 98)

Rank in course/Men: 54 (of 84)

Best time in course: 8:25:02

Rank in category: 5(of 6)

Best time in the category: 8:54:49

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	2:27:09	7:32	5	47:32	63	57:44	19.50	2:27:09	7:32	5	47:32	8	
Kühude	20.50	2:35:58	7:36	5	37:21	66	1:00:19	40.00	5:03:07	7:34	5	1:24:53	9	
Rhein-Weser-Tur	17.00	2:13:25	7:50	4	1:00:40	50	1:00:40	57.00	7:16:32	7:39	5	2:25:33	9	
Kühude	17.00	2:23:38	8:26	5	53:59	51	56:27	74.00	9:40:10	7:50	5	3:19:32	10	0:20
Nasse Wiese	20.50	3:01:02	8:49	4	57:48	45	1:06:03	94.50	12:41:12	8:03	5	4:17:20	8	3:26
Finish	6.50	55:35	8:33	5	24:38	70	27:18	101.00	13:36:47	8:05	5	4:41:58	54	5:11:45