



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Hagel, Thomas

Club: Endorphinjunkies.de - Dortmund

Number: 175

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 13:40:03

Speed: 7.39 km/h

Running performance: 8:07 min/km

Rank in course/Total: 69 (of 98)

Rank in course/Men: 56 (of 84)

Best time in course: 8:25:02

Rank in category: 14(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.	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	15	37:53	63	57:44	19.50	2:27:09	7:32	10		8	
Kühude	20.50	2:36:08	7:36	19	43:05	68	1:00:29	40.00	5:03:17	7:34	10		7	
Rhein-Weser-Tur	17.00	2:13:34	7:51	12	40:02	51	1:00:49	57.00	7:16:51	7:39	10		7	
Kühude	17.00	2:23:29	8:26	13	45:02	50	56:18	74.00	9:40:20	7:50	10	0:30	8	0:30
Nasse Wiese	20.50	3:12:49	9:24	16	1:04:33	59	1:17:50	94.50	12:53:09	8:10	10	15:23	6	15:23
Finish	6.50	46:54	7:12	11	12:25	44	18:37	101.00	13:40:03	8:07	14	4:03:00	56	5:15:01