



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

### Efa, Alexander

Club: Mainz  
Number: 160

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M30

Rank in course/Total: DNF (of 98)

Rank in course/Men: DNF (of 84)

Best time in course: 8:25:02

Rank in category: DNF(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	3:33:02	10:55	6	1:53:25	84	2:03:37	19.50	3:33:02	10:55	6	1:53:25	7	1:01:31
Kühude	20.50	fehlt!	-	-	-	-	-	40.00	-	-	-	-	-	-
Rhein-Weser-Tur	17.00	fehlt!	-	-	-	-	-	57.00	-	-	-	-	-	-
Kühude	17.00	4:58:35	17:33	6	3:28:56	84	3:31:24	74.00	8:31:37	6:54	6	2:10:59	7	
Nasse Wiese	20.50	fehlt!	-	-	-	-	-	94.50	-	-	-	-	-	-
Finish	6.50	fehlt!	-	-	-	-	-	101.00	-	-	-	-	-	-