



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Pech-Larisch, Tassilo

Club: Team Erdinger Alkoholfrei

Number: 208

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 13:44:31

Speed: 7.35 km/h

Running performance: 8:10 min/km

Rank in course/Total: 70 (of 98)

Rank in course/Men: 58 (of 84)

Best time in course: 8:25:02

Rank in category: 15(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	2:33:07	7:51	22	43:51	81	1:03:42	19.50	2:33:07	7:51	9	1:36	5	1:36
Kühude	20.50	2:32:42	7:26	14	39:39	57	57:03	40.00	5:05:49	7:38	9	1:01	5	1:01
Rhein-Weser-Tur	17.00	2:12:04	7:46	11	38:32	47	59:19	57.00	7:17:53	7:40	9		5	
Kühude	17.00	2:28:34	8:44	15	50:07	57	1:01:23	74.00	9:46:27	7:55	9	6:37	5	6:37
Nasse Wiese	20.50	3:06:34	9:06	12	58:18	52	1:11:35	94.50	12:53:01	8:10	9	15:15	5	15:15
Finish	6.50	51:30	7:55	16	17:01	55	23:13	101.00	13:44:31	8:09	15	4:07:28	58	5:19:29