



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Grittner, Werner

Club: LC Duisburg

Number: 171

Course: 101.00 km

101 km Lauf

Category:

Senioren M55

Total time: 13:52:10

Speed: 7.28 km/h

Running performance: 8:14 min/km

Rank in course/Total: 73 (of 98)

Rank in course/Men: 59 (of 84)

Best time in course: 8:25:02

Rank in category: 9(of 11)

Best time in the category: 10:38:57

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	2:27:27	7:33	8	40:51	69	58:02	19.50	2:27:27	7:33	9	26:09	3	
Kühude	20.50	2:34:10	7:31	8	43:07	64	58:31	40.00	5:01:37	7:32	9	57:44	3	
Rhein-Weser-Tur	17.00	2:10:03	7:39	6	25:06	44	57:18	57.00	7:11:40	7:34	9	1:20:31	3	
Kühude	17.00	2:28:56	8:45	8	40:33	59	1:01:45	74.00	9:40:36	7:50	9	2:01:04	3	0:46
Nasse Wiese	20.50	3:17:18	9:37	10	55:27	68	1:22:19	94.50	12:57:54	8:13	9	2:56:31	3	20:08
Finish	6.50	54:16	8:20	10	16:42	65	25:59	101.00	13:52:10	8:14	9	3:13:13	59	5:27:08