



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

meithner, christian

Club: team-erdinger-alkoholfrei

Number: 200

Course: 101.00 km

101 km Lauf

Category:

Senioren M35

Total time: 13:59:11

Speed: 7.22 km/h

Running performance: 8:19 min/km

Rank in course/Total: 74 (of 98)

Rank in course/Men: 61 (of 84)

Best time in course: 8:25:02

Rank in category: 7(of 7)

Best time in the category: 11:27:54

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	2:21:19	7:14	7	27:20	48	51:54	19.50	2:21:19	7:14	7	15:35	2	
Kühude	20.50	2:44:38	8:01	7	36:38	80	1:08:59	40.00	5:05:57	7:38	7	47:43	2	1:09
Rhein-Weser-Tur	17.00	2:24:31	8:30	7	33:56	73	1:11:46	57.00	7:30:28	7:54	7	1:21:39	2	12:00
Kühude	17.00	2:35:14	9:07	7	36:27	67	1:08:03	74.00	10:05:42	8:11	7	1:53:16	2	25:52
Nasse Wiese	20.50	3:03:21	8:56	6	27:49	48	1:08:22	94.50	13:09:03	8:20	7	2:21:05	2	31:17
Finish	6.50	50:08	7:42	5	12:29	53	21:51	101.00	13:59:11	8:18	7	2:31:17	61	5:34:09