



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Niederhofer, Stefan

Club: TuS Breckerfeld

Number: 1594

Course: 101.00 km

101 km Lauf

Category:

Senioren M40

Total time: 14:01:21

Speed: 7.20 km/h

Running performance: 8:20 min/km

Rank in course/Total: 75 (of 98)

Rank in course/Men: 62 (of 84)

Best time in course: 8:25:02

Rank in category: 10(of 13)

Best time in the category: 8:45:02

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	2:25:04	7:26	12	42:49	54	55:39	19.50	2:25:04	7:26	11	42:49	12	
Kühude	20.50	2:26:11	7:07	9	40:52	45	50:32	40.00	4:51:15	7:16	11	1:23:41	12	
Rhein-Weser-Tur	17.00	2:05:02	7:21	8	41:05	38	52:17	57.00	6:56:17	7:18	11	2:04:46	12	
Kühude	17.00	2:42:11	9:32	12	1:15:00	80	1:15:00	74.00	9:38:28	7:49	11	3:19:46	12	
Nasse Wiese	20.50	3:21:08	9:48	11	1:23:05	73	1:26:09	94.50	12:59:36	8:14	10	4:42:51	12	21:50
Finish	6.50	1:01:45	9:30	12	33:28	74	33:28	101.00	14:01:21	8:19	10	5:16:19	62	5:36:19