



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Sommer, Norbert

Club: TuS Altenberge 09

Number: 226

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 14:01:21

Speed: 7.20 km/h

Running performance: 8:20 min/km

Rank in course/Total: 76 (of 98)

Rank in course/Men: 62 (of 84)

Best time in course: 8:25:02

Rank in category: 12(of 15)

Best time in the category: 8:25:02

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	2:20:36	7:12	11	51:11	45	51:11	19.50	2:20:36	7:12	12	51:11	42	
Kühude	20.50	2:26:36	7:09	11	50:57	46	50:57	40.00	4:47:12	7:10	12	1:42:08	42	
Rhein-Weser-Tur	17.00	2:12:55	7:49	10	48:46	49	1:00:10	57.00	7:00:07	7:22	12	2:30:54	42	
Kühude	17.00	2:25:32	8:33	11	55:34	53	58:21	74.00	9:25:39	7:38	12	3:26:28	42	
Nasse Wiese	20.50	3:21:04	9:48	15	1:26:05	72	1:26:05	94.50	12:46:43	8:06	12	4:52:33	41	8:57
Finish	6.50	1:14:38	11:28	15	43:46	80	46:21	101.00	14:01:21	8:19	12	5:36:19	62	5:36:19