



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Coper, Sven

Club: Berlin
Number: 153

Course: 101.00 km
101 km Lauf

Category:
Senioren M55

Total time: 14:06:36

Speed: 7.16 km/h
Running performance: 8:23 min/km

Rank in course/Total: 82 (of 98)

Rank in course/Men: 68 (of 84)

Best time in course: 8:25:02

Rank in category: 10(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	2:24:16	7:23	6	37:40	51	54:51	19.50	2:24:16	7:23	10	22:58	36	
Kühude	20.50	2:39:03	7:45	9	48:00	73	1:03:24	40.00	5:03:19	7:34	10	59:26	36	
Rhein-Weser-Tur	17.00	2:19:31	8:12	10	34:34	67	1:06:46	57.00	7:22:50	7:46	10	1:31:41	36	4:22
Kühude	17.00	2:38:22	9:18	10	49:59	73	1:11:11	74.00	10:01:12	8:07	10	2:21:40	36	21:22
Nasse Wiese	20.50	3:13:21	9:25	8	51:30	60	1:18:22	94.50	13:14:33	8:24	10	3:13:10	35	36:47
Finish	6.50	52:03	8:00	7	14:29	57	23:46	101.00	14:06:36	8:22	10	3:27:39	68	5:41:34