



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Würl, Hans

Club: Trail Team OWL / 100MC

Number: 245

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 14:10:15

Speed: 7.13 km/h

Running performance: 8:25 min/km

Rank in course/Total: 83 (of 98)

Rank in course/Men: 70 (of 84)

Best time in course: 8:25:02

Rank in category: 19(of 22)

Best time in the category: 9:37:03

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	2:25:57	7:29	13	36:41	60	56:32	19.50	2:25:57	7:29	5		35	
Kühude	20.50	2:44:15	8:00	22	51:12	78	1:08:36	40.00	5:10:12	7:45	5	5:24	35	5:24
Rhein-Weser-Tur	17.00	2:23:42	8:27	20	50:10	71	1:10:57	57.00	7:33:54	7:57	5	15:26	35	15:26
Kühude	17.00	2:34:01	9:03	19	55:34	66	1:06:50	74.00	10:07:55	8:12	5	28:05	35	28:05
Nasse Wiese	20.50	3:15:32	9:32	17	1:07:16	63	1:20:33	94.50	13:23:27	8:30	5	45:41	34	45:41
Finish	6.50	46:48	7:11	10	12:19	40	18:31	101.00	14:10:15	8:25	19	4:33:12	70	5:45:13