



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Albrecht, Frank

Club: Menden

Number: 145

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 14:33:57

Speed: 6.93 km/h

Running performance: 8:39 min/km

Rank in course/Total: 89 (of 98)

Rank in course/Men: 76 (of 84)

Best time in course: 8:25:02

Rank in category: 21(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	2:17:01	7:01	7	27:45	42	47:36	19.50	2:17:01	7:01	3			29	
Kühude	20.50	2:36:04	7:36	18	43:01	67	1:00:25	40.00	4:53:05	7:19	3			29	
Rhein-Weser-Tur	17.00	2:28:14	8:43	21	54:42	76	1:15:29	57.00	7:21:19	7:44	3	2:51		29	2:51
Kühude	17.00	2:48:41	9:55	21	1:10:14	81	1:21:30	74.00	10:10:00	8:14	3	30:10		29	30:10
Nasse Wiese	20.50	3:26:06	10:03	20	1:17:50	76	1:31:07	94.50	13:36:06	8:38	3	58:20		28	58:20
Finish	6.50	57:51	8:54	20	23:22	73	29:34	101.00	14:33:57	8:39	21	4:56:54		76	6:08:55