



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

spitmann, thomas

Club: Wettringen

Number: 227

Course: 101.00 km

101 km Lauf

Category:

Männer

Total time: 15:41:35

Speed: 6.44 km/h

Running performance: 9:19 min/km

Rank in course/Total: 95 (of 98)

Rank in course/Men: 82 (of 84)

Best time in course: 8:25:02

Rank in category: 3(of 3)

Best time in the category: 13:27:38

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	2:16:32	7:00	1	-	41	47:07	19.50	2:16:32	7:00	3		23	
Kühude	20.50	2:25:32	7:05	1	-	42	49:53	40.00	4:42:04	7:03	3		23	
Rhein-Weser-Tur	17.00	2:18:43	8:09	2	5:03	66	1:05:58	57.00	7:00:47	7:22	3		23	
Kühude	17.00	2:40:01	9:24	2	18:39	77	1:12:50	74.00	9:40:48	7:50	3	0:58	23	0:58
Nasse Wiese	20.50	fehlt!	-	-	-	-	-	94.50	-	-	-	-	-	-
Finish	6.50	6:00:47	55:30	3	5:10:55	82	5:32:30	101.00	15:41:35	9:19	3	2:13:57	82	7:16:33