



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Lohe, Matthias

Club: Spatenhai runnersteam Wuppertal

Number: 310

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 6:45:37

Speed: 9.91 km/h

Running performance: 6:03 min/km

Rank in course/Total: 31 (of 80)

Rank in course/Men: 24 (of 60)

Best time in course: 4:42:05

Rank in category: 5(of 16)

Best time in the category: 5:19:47

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	1:47:18	5:30	5	13:43	21	24:30	19.50	1:47:18	5:30	5	13:43	54	
Kühude	20.50	1:53:30	5:32	4	16:48	20	27:25	40.00	3:40:48	5:31	5	29:24	54	
Nasse Wiese	20.50	2:23:01	6:58	6	42:13	33	56:03	60.50	6:03:49	6:00	5	1:09:02	53	
Finish	6.50	41:48	6:25	7	16:48	39	17:35	67.00	6:45:37	6:03	5	1:25:50	24	2:03:32