



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

### Waterstrat, Markus

Club: DJK Gütersloh

Number: 617

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:42:47

Speed: 8.91 km/h

Running performance: 6:44 min/km

Rank in course/Total: 30 (of 67)

Rank in course/Men: 27 (of 55)

Best time in course: 3:03:07

Rank in category: 9(of 12)

Best time in the category: 3:34:18

### 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	2:05:32	6:26	11	26:52	31	43:45	19.50	2:05:32	6:26	9	26:52	15	
Obersorpe	8.00	49:43	6:12	9	11:08	26	15:49	27.50	2:55:15	6:22	9	38:00	15	
Finish	14.50	1:47:32	7:24	9	30:29	26	40:06	42.00	4:42:47	6:43	9	1:08:29	27	1:39:40