



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Metzler, Alex

Club: Coolrunners-Germany

Number: 1616

Course: 67.00 km

67 km Lauf

Category:

Senioren M30

Total time: 8:11:37

Speed: 8.18 km/h

Running performance: 7:20 min/km

Rank in course/Total: 55 (of 80)

Rank in course/Men: 44 (of 60)

Best time in course: 4:42:05

Rank in category: 4(of 4)

Best time in the category: 5:27:15

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	2:30:19	7:42	4	1:00:27	52	1:07:31	19.50	2:30:19	7:42	4	1:00:27	15	17:03
Kühude	20.50	2:29:50	7:18	4	56:06	46	1:03:45	40.00	5:00:09	7:30	4	1:56:33	15	22:01
Nasse Wiese	20.50	2:32:39	7:26	4	1:05:16	38	1:05:41	60.50	7:32:48	7:29	4	2:32:45	15	0:03
Finish	6.50	38:49	5:58	3	11:37	34	14:36	67.00	8:11:37	7:20	4	2:44:22	44	3:29:32