



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Schürmann, Rolf

Club: Wat läuft ultra team

Number: 1608

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 8:18:02

Speed: 8.07 km/h

Running performance: 7:26 min/km

Rank in course/Total: 57 (of 80)

Rank in course/Men: 45 (of 60)

Best time in course: 4:42:05

Rank in category: 11(of 14)

Best time in the category: 4:57:18

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	2:13:16	6:50	13	47:41	42	50:28	19.50	2:13:16	6:50	11	47:41	1	-
Kühude	20.50	2:24:52	7:04	12	57:38	42	58:47	40.00	4:38:08	6:57	11	1:43:51	1	-
Nasse Wiese	20.50	2:54:37	8:31	13	1:17:53	48	1:27:39	60.50	7:32:45	7:29	11	3:01:44	1	-
Finish	6.50	45:17	6:58	11	19:00	45	21:04	67.00	8:18:02	7:26	11	3:20:44	45	3:35:57