



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Tramm, Matthias

Club: SV Gladbeck 13

Number: 339

Course: 67.00 km

67 km Lauf

Category:

Senioren M35

Total time: 8:20:56

Speed: 8.03 km/h

Running performance: 7:29 min/km

Rank in course/Total: 59 (of 80)

Rank in course/Men: 46 (of 60)

Best time in course: 4:42:05

Rank in category: 3(of 3)

Best time in the category: 4:46:28

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	2:20:32	7:12	3	57:28	45	57:44	19.50	2:20:32	7:12	3	57:28	17	7:16
Kühude	20.50	2:27:04	7:10	3	1:00:59	45	1:00:59	40.00	4:47:36	7:11	3	1:58:27	17	9:28
Nasse Wiese	20.50	2:49:27	8:15	3	1:18:02	44	1:22:29	60.50	7:37:03	7:33	3	3:16:29	17	4:18
Finish	6.50	43:53	6:45	3	17:59	43	19:40	67.00	8:20:56	7:28	3	3:34:28	46	3:38:51