



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

tuna, manuel

Club: TSG Helberhausen

Number: 233

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 8:25:02

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 1 (of 98)

Rank in course/Men: 1 (of 84)

Best time in course: 8:25:02

Rank in category: 1(of 15)

Best time in the category: 8:25:02

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	1:29:25	4:35	1	-	1	-	19.50	1:29:25	4:35	1	-	75	
Kühude	20.50	1:35:39	4:39	1	-	1	-	40.00	3:05:04	4:37	1	-	74	
Rhein-Weser-Tur	17.00	1:24:09	4:57	1	-	3	11:24	57.00	4:29:13	4:43	1	-	74	
Kühude	17.00	1:29:58	5:17	1	-	3	2:47	74.00	5:59:11	4:51	1	-	75	
Nasse Wiese	20.50	1:54:59	5:36	1	-	1	-	94.50	7:54:10	5:01	1	-	72	
Finish	6.50	30:52	4:44	1	-	2	2:35	101.00	8:25:02	5:00	1	-	1	-