



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 | - |