



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Sieburg, Mike

Club: BSG Evonik Wesseling eV

Number: 329

Course: 67.00 km

67 km Lauf

Category:

Senioren M55

Total time: 8:40:34

Speed: 7.72 km/h

Running performance: 7:46 min/km

Rank in course/Total: 62 (of 80)

Rank in course/Men: 49 (of 60)

Best time in course: 4:42:05

Rank in category: 5(of 5)

Best time in the category: 6:54:15

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	2:24:34	7:24	5	26:37	48	1:01:46	19.50	2:24:34	7:24	5	26:37	20	11:18
Kühude	20.50	2:35:47	7:35	5	34:02	50	1:09:42	40.00	5:00:21	7:30	5	1:00:39	20	22:13
Nasse Wiese	20.50	2:55:59	8:35	5	37:49	50	1:29:01	60.50	7:56:20	7:52	5	1:38:28	20	23:35
Finish	6.50	44:14	6:48	5	8:16	44	20:01	67.00	8:40:34	7:46	5	1:46:19	49	3:58:29