



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**cyron, markus**

Club: bochum

Number: 154

Course: 101.00 km

101 km Lauf

Category:

Senioren M30

Total time: 8:54:49

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 3 (of 98)

Rank in course/Men: 3 (of 84)

Best time in course: 8:25:02

Rank in category: 1(of 6)

Best time in the category: 8:54:49

### 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	1:39:37	5:06	1	-	2	10:12	19.50	1:39:37	5:06	1	-	62	
Kühude	20.50	1:58:37	5:47	1	-	8	22:58	40.00	3:38:14	5:27	1	-	62	
Rhein-Weser-Tur	17.00	1:12:45	4:16	1	-	1	-	57.00	4:50:59	5:06	1	-	62	
Kühude	17.00	1:29:39	5:16	1	-	2	2:28	74.00	6:20:38	5:08	1	-	62	
Nasse Wiese	20.50	2:03:14	6:00	1	-	3	8:15	94.50	8:23:52	5:19	1	-	60	
Finish	6.50	30:57	4:45	1	-	3	2:40	101.00	8:54:49	5:17	1	-	3	29:47