



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Weber, Andreas

Club: TV Borken

Number: 237

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 9:45:58

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 5 (of 98)

Rank in course/Men: 5 (of 84)

Best time in course: 8:25:02

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	1:48:13	5:32	2	18:48	6	18:48	19.50	1:48:13	5:32	2	18:48	60	
Kühude	20.50	1:54:32	5:35	2	18:53	6	18:53	40.00	3:42:45	5:34	2	37:41	60	
Rhein-Weser-Tur	17.00	1:38:47	5:48	2	14:38	5	26:02	57.00	5:21:32	5:38	2	52:19	60	
Kühude	17.00	1:40:10	5:53	2	10:12	5	12:59	74.00	7:01:42	5:41	2	1:02:31	60	
Nasse Wiese	20.50	2:11:33	6:25	2	16:34	5	16:34	94.50	9:13:15	5:51	2	1:19:05	58	
Finish	6.50	32:43	5:01	3	1:51	5	4:26	101.00	9:45:58	5:48	2	1:20:56	5	1:20:56