



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Szameit, Holger

Club: DUV / Jogmap Ruhr

Number: 337

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 10:15:49

Speed: 6.53 km/h

Running performance: 9:11 min/km

Rank in course/Total: 75 (of 80)

Rank in course/Men: 57 (of 60)

Best time in course: 4:42:05

Rank in category: 14(of 14)

Best time in the category: 4:57:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	2:42:47	8:20	14	1:17:12	58	1:19:59	19.50	2:42:47	8:20	14	1:17:12	28	29:31
Kühude	20.50	3:10:43	9:18	13	1:43:29	58	1:44:38	40.00	5:53:30	8:50	14	2:59:13	28	1:15:22
Nasse Wiese	20.50	3:25:01	10:00	14	1:48:17	54	1:58:03	60.50	9:18:31	9:13	14	4:47:30	27	1:45:46
Finish	6.50	57:18	8:48	12	31:01	52	33:05	67.00	10:15:49	9:11	14	5:18:31	57	5:33:44