



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Retzlaff, Harald**

Club: BSG Springorum Bochum

Number: 213

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 10:34:57

Speed: 9.54 km/h

Running performance: 6:17 min/km

Rank in course/Total: 9 (of 98)

Rank in course/Men: 8 (of 84)

Best time in course: 8:25:02

Rank in category: 2(of 22)

Best time in the category: 9:37:03

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	2:00:32	6:10	4	11:16	17	31:07	19.50	2:00:32	6:10	22			57
Kühude	20.50	2:03:54	6:02	4	10:51	17	28:15	40.00	4:04:26	6:06	22			57
Rhein-Weser-Tur	17.00	1:42:01	6:00	2	8:29	8	29:16	57.00	5:46:27	6:04	22			57
Kühude	17.00	1:51:58	6:35	2	13:31	10	24:47	74.00	7:38:25	6:11	22			57
Nasse Wiese	20.50	2:20:23	6:50	2	12:07	8	25:24	94.50	9:58:48	6:20	22			55
Finish	6.50	36:09	5:33	2	1:40	8	7:52	101.00	10:34:57	6:17	2	57:54	8	2:09:55