



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Weiß, Hermann

Club: Lauffreunde Emsland

Number: 240

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 10:35:41

Speed: 9.53 km/h

Running performance: 6:17 min/km

Rank in course/Total: 10 (of 98)

Rank in course/Men: 9 (of 84)

Best time in course: 8:25:02

Rank in category: 3(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	1:56:49	5:59	3	27:24	13	27:24	19.50	1:56:49	5:59	3	27:24	54	
Kühude	20.50	2:00:35	5:52	3	24:56	10	24:56	40.00	3:57:24	5:56	3	52:20	56	
Rhein-Weser-Tur	17.00	1:49:28	6:26	5	25:19	16	36:43	57.00	5:46:52	6:05	3	1:17:39	56	
Kühude	17.00	1:53:03	6:38	4	23:05	11	25:52	74.00	7:39:55	6:12	3	1:40:44	56	
Nasse Wiese	20.50	2:24:03	7:01	4	29:04	11	29:04	94.50	10:03:58	6:23	3	2:09:48	54	
Finish	6.50	31:43	4:52	2	0:51	4	3:26	101.00	10:35:41	6:17	3	2:10:39	9	2:10:39