



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Steinbach, Frank

Club: DUV / Endorphinjunkies Dortmund

Number: 298

Course: 101.00 km

101 km Lauf

Category:

Senioren M45

Total time: 10:38:57

Speed: 9.48 km/h

Running performance: 6:20 min/km

Rank in course/Total: 11 (of 98)

Rank in course/Men: 10 (of 84)

Best time in course: 8:25:02

Rank in category: 4(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.	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	2:01:20	6:13	4	31:55	19	31:55	19.50	2:01:20	6:13	4	31:55	55	
Kühude	20.50	2:02:39	5:58	4	27:00	16	27:00	40.00	4:03:59	6:05	4	58:55	55	
Rhein-Weser-Tur	17.00	1:47:08	6:18	3	22:59	12	34:23	57.00	5:51:07	6:09	4	1:21:54	55	
Kühude	17.00	1:48:21	6:22	3	18:23	8	21:10	74.00	7:39:28	6:12	4	1:40:17	55	
Nasse Wiese	20.50	2:21:51	6:55	3	26:52	9	26:52	94.50	10:01:19	6:21	4	2:07:09	53	
Finish	6.50	37:38	5:47	4	6:46	13	9:21	101.00	10:38:57	6:19	4	2:13:55	10	2:13:55