



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Heuer, Karsten

Club: Wasbüttel

Number: 295

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 10:45:29

Speed: 6.23 km/h

Running performance: 9:38 min/km

Rank in course/Total: 78 (of 80)

Rank in course/Men: 59 (of 60)

Best time in course: 4:42:05

Rank in category: 16(of 16)

Best time in the category: 5:19:47

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	2:33:57	7:53	15	1:00:22	56	1:11:09	19.50	2:33:57	7:53	16	1:00:22	30	20:41
Kühude	20.50	3:01:55	8:52	15	1:25:13	56	1:35:50	40.00	5:35:52	8:23	16	2:24:28	30	57:44
Nasse Wiese	20.50	3:52:06	11:19	15	2:11:18	57	2:25:08	60.50	9:27:58	9:23	15	4:33:11	29	1:55:13
Finish	6.50	1:17:31	11:55	15	52:31	54	53:18	67.00	10:45:29	9:38	16	5:25:42	59	6:03:24