



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

Lückert, Matthias

Club: Gummersbach

Number: 198

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 11:03:16

Speed: 9.14 km/h

Running performance: 6:34 min/km

Rank in course/Total: 16 (of 98)

Rank in course/Men: 13 (of 84)

Best time in course: 8:25:02

Rank in category: 4(of 22)

Best time in the category: 9:37:03

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Nasse Wiese     | 19.50       | 1:51:33       | 5:43            | 2           | 2:17           | 8           | 22:08         | 19.50         | 1:51:33       | 5:43            | 20          |                | 52         |               |
| Kühude          | 20.50       | 1:57:23       | 5:43            | 2           | 4:20           | 7           | 21:44         | 40.00         | 3:48:56       | 5:43            | 20          |                | 52         |               |
| Rhein-Weser-Tur | 17.00       | 1:42:33       | 6:01            | 3           | 9:01           | 9           | 29:48         | 57.00         | 5:31:29       | 5:48            | 20          |                | 52         |               |
| Kühude          | 17.00       | 2:05:54       | 7:24            | 7           | 27:27          | 26          | 38:43         | 74.00         | 7:37:23       | 6:10            | 20          |                | 52         |               |
| Nasse Wiese     | 20.50       | 2:39:39       | 7:47            | 6           | 31:23          | 19          | 44:40         | 94.50         | 10:17:02      | 6:31            | 20          |                | 50         |               |
| Finish          | 6.50        | 46:14         | 7:06            | 9           | 11:45          | 38          | 17:57         | 101.00        | 11:03:16      | 6:34            | 4           | 1:26:13        | 13         | 2:38:14       |