



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

van Norden, Pascal

Club: ITC Team Netherlands

Number: 344

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 4:48:50

Speed: 13.92 km/h

Running performance: 4:19 min/km

Rank in course/Total: 3 (of 80)

Rank in course/Men: 3 (of 60)

Best time in course: 4:42:05

Rank in category: 1(of 10)

Best time in the category: 4:48:50

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	1:24:48	4:20	1	-	3	2:00	19.50	1:24:48	4:20	1	-	33	
Kühude	20.50	1:26:43	4:13	1	-	2	0:38	40.00	2:51:31	4:17	1	-	33	
Nasse Wiese	20.50	1:31:59	4:29	1	-	4	5:01	60.50	4:23:30	4:21	1	-	32	
Finish	6.50	25:20	3:53	1	-	3	1:07	67.00	4:48:50	4:18	1	-	3	6:45