



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Philipp, Anton

Club: ITC Team Germany
Number: 320

Course: 67.00 km
67 km Lauf

Category:
Senioren M45

Total time: 4:57:18

Speed: 13.52 km/h
Running performance: 4:26 min/km

Rank in course/Total: 4 (of 80)

Rank in course/Men: 4 (of 60)

Best time in course: 4:42:05

Rank in category: 1(of 14)

Best time in the category: 4:57:18

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	1:25:35	4:23	1	-	4	2:47	19.50	1:25:35	4:23	1	-	34	
Kühude	20.50	1:28:42	4:19	2	1:28	5	2:37	40.00	2:54:17	4:21	1	-	34	
Nasse Wiese	20.50	1:36:44	4:43	1	-	5	9:46	60.50	4:31:01	4:28	1	-	33	
Finish	6.50	26:17	4:02	1	-	6	2:04	67.00	4:57:18	4:26	1	-	4	15:13