



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Duinkerken, Ronnie

Club: ITC Team Netherlands

Number: 285

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 5:14:17

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 5 (of 80)

Rank in course/Men: 5 (of 60)

Best time in course: 4:42:05

Rank in category: 2(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	1:32:25	4:44	2	7:37	7	9:37	19.50	1:32:25	4:44	2	7:37	35	
Kühude	20.50	1:35:08	4:38	2	8:25	7	9:03	40.00	3:07:33	4:41	2	16:02	35	
Nasse Wiese	20.50	1:39:44	4:51	2	7:45	7	12:46	60.50	4:47:17	4:44	2	23:47	34	
Finish	6.50	27:00	4:09	2	1:40	8	2:47	67.00	5:14:17	4:41	2	25:27	5	32:12