



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Muller, Jan

Club: ITC Team Netherlands

Number: 316

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 5:21:36

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 7 (of 80)

Rank in course/Men: 7 (of 60)

Best time in course: 4:42:05

Rank in category: 2(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	1:35:58	4:55	2	2:23	12	13:10	19.50	1:35:58	4:55	2	2:23	37	
Kühude	20.50	1:36:42	4:43	1	-	8	10:37	40.00	3:12:40	4:48	2	1:16	37	
Nasse Wiese	20.50	1:40:48	4:55	1	-	8	13:50	60.50	4:53:28	4:51	2		36	
Finish	6.50	28:08	4:19	3	3:08	10	3:55	67.00	5:21:36	4:48	2	1:49	7	39:31