



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Langendam, Vincent

Club: ITC Team Netherlands

Number: 307

Course: 67.00 km

67 km Lauf

Category:

Männer

Total time: 5:26:10

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 8 (of 80)

Rank in course/Men: 8 (of 60)

Best time in course: 4:42:05

Rank in category: 2(of 3)

Best time in the category: 4:42:05

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	1:29:54	4:36	2	7:06	6	7:06	19.50	1:29:54	4:36	2	7:06	38	
Kühude	20.50	1:38:31	4:48	2	10:25	13	12:26	40.00	3:08:25	4:42	2	17:31	38	
Nasse Wiese	20.50	1:52:04	5:28	2	25:06	15	25:06	60.50	5:00:29	4:58	2	42:37	37	
Finish	6.50	25:41	3:57	2	1:28	4	1:28	67.00	5:26:10	4:52	2	44:05	8	44:05