



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

van den Berg, Raymon

Club: ITC Team Netherlands

Number: 342

Course: 67.00 km

67 km Lauf

Category:

Senioren M30

Total time: 5:27:15

Speed: 12.28 km/h

Running performance: 4:53 min/km

Rank in course/Total: 9 (of 80)

Rank in course/Men: 9 (of 60)

Best time in course: 4:42:05

Rank in category: 1(of 4)

Best time in the category: 5:27:15

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	1:29:52	4:36	1	-	5	7:04	19.50	1:29:52	4:36	1	-	39	
Kühude	20.50	1:33:44	4:34	1	-	6	7:39	40.00	3:03:36	4:35	1	-	39	
Nasse Wiese	20.50	1:56:27	5:40	3	29:04	17	29:29	60.50	5:00:03	4:57	1	-	38	
Finish	6.50	27:12	4:11	1	-	9	2:59	67.00	5:27:15	4:53	1	-	9	45:10