



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Machielsen, Jeroen

Club: ITC Team Netherlands

Number: 313

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 5:29:03

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 10 (of 80)

Rank in course/Men: 10 (of 60)

Best time in course: 4:42:05

Rank in category: 2(of 14)

Best time in the category: 4:57:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	1:36:22	4:56	3	10:47	13	13:34	19.50	1:36:22	4:56	2	10:47	40	
Kühude	20.50	1:27:14	4:15	1	-	3	1:09	40.00	3:03:36	4:35	2	9:19	39	
Nasse Wiese	20.50	1:56:27	5:40	4	19:43	17	29:29	60.50	5:00:03	4:57	2	29:02	38	
Finish	6.50	29:00	4:27	2	2:43	12	4:47	67.00	5:29:03	4:54	2	31:45	10	46:58