



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Straetling, Benedikt

Club: ITC Team Germany

Number: 230

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 5:29:55

Speed: 12.18 km/h

Running performance: 4:55 min/km

Rank in course/Total: 11 (of 80)

Rank in course/Men: 11 (of 60)

Best time in course: 4:42:05

Rank in category: 3(of 14)

Best time in the category: 4:57:18

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
Nasse Wiese	19.50	1:34:01	4:49	2	8:26	10	11:13	19.50	1:34:01	4:49	3	8:26	41
Kühude	20.50	1:37:04	4:44	3	9:50	9	10:59	40.00	3:11:05	4:46	3	16:48	41
Nasse Wiese	20.50	1:49:16	5:19	3	12:32	12	22:18	60.50	5:00:21	4:57	3	29:20	40
Finish	6.50	29:34	4:32	3	3:17	14	5:21	67.00	5:29:55	4:55	3	32:37	11 47:50