



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Vandebeek, Patrick

Club: ITC Team Belgium

Number: 345

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 5:30:40

Speed: 12.16 km/h

Running performance: 4:56 min/km

Rank in course/Total: 12 (of 80)

Rank in course/Men: 12 (of 60)

Best time in course: 4:42:05

Rank in category: 3(of 10)

Best time in the category: 4:48:50

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	1:34:03	4:49	3	9:15	11	11:15	19.50	1:34:03	4:49	3	9:15	42	
Kühude	20.50	1:38:03	4:46	3	11:20	11	11:58	40.00	3:12:06	4:48	3	20:35	42	
Nasse Wiese	20.50	1:50:15	5:22	4	18:16	14	23:17	60.50	5:02:21	4:59	3	38:51	41	
Finish	6.50	28:19	4:21	3	2:59	11	4:06	67.00	5:30:40	4:56	3	41:50	12	48:35