



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Jago, Andreas

Club: MTV Gittelde

Number: 300

Course: 67.00 km

67 km Lauf

Category:

Senioren M50

Total time: 5:31:30

Speed: 12.13 km/h

Running performance: 4:57 min/km

Rank in course/Total: 13 (of 80)

Rank in course/Men: 13 (of 60)

Best time in course: 4:42:05

Rank in category: 3(of 16)

Best time in the category: 5:19:47

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	1:42:08	5:14	3	8:33	19	19:20	19.50	1:42:08	5:14	3	8:33	43	
Kühude	20.50	1:41:17	4:56	3	4:35	16	15:12	40.00	3:23:25	5:05	3	12:01	43	
Nasse Wiese	20.50	1:41:16	4:56	2	0:28	9	14:18	60.50	5:04:41	5:02	3	9:54	42	
Finish	6.50	26:49	4:07	2	1:49	7	2:36	67.00	5:31:30	4:56	3	11:43	13	49:25