



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Donath, Lars**

Club: ITC Team Germany

Number: 283

Course: 67.00 km

67 km Lauf

Category:

Senioren M30

Total time: 5:34:05

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 14 (of 80)

Rank in course/Men: 14 (of 60)

Best time in course: 4:42:05

Rank in category: 2(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	1:32:41	4:45	2	2:49	8	9:53	19.50	1:32:41	4:45	2	2:49	44	
Kühude	20.50	1:38:29	4:48	2	4:45	12	12:24	40.00	3:11:10	4:46	2	7:34	44	
Nasse Wiese	20.50	1:53:29	5:32	2	26:06	16	26:31	60.50	5:04:39	5:02	2	4:36	43	
Finish	6.50	29:26	4:31	2	2:14	13	5:13	67.00	5:34:05	4:59	2	6:50	14	52:00