



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Driesen, Wim

Club: ITC Team Belgium

Number: 284

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 6:01:47

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 20 (of 80)

Rank in course/Men: 18 (of 60)

Best time in course: 4:42:05

Rank in category: 4(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	Behind Men
Nasse Wiese	19.50	1:36:37	4:57	4	11:02	14	13:49	19.50	1:36:37	4:57	4	11:02	48	
Kühude	20.50	1:43:51	5:03	4	16:37	17	17:46	40.00	3:20:28	5:00	4	26:11	48	
Nasse Wiese	20.50	2:06:29	6:10	6	29:45	21	39:31	60.50	5:26:57	5:24	4	55:56	47	
Finish	6.50	34:50	5:21	7	8:33	24	10:37	67.00	6:01:47	5:23	4	1:04:29	18	1:19:42