



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Epe, Michael

Club: Skiclub Fretter e.V.

Number: 497

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:00:08

Speed: 10.49 km/h

Running performance: 5:43 min/km

Rank in course/Total: 7 (of 67)

Rank in course/Men: 7 (of 55)

Best time in course: 3:03:07

Rank in category: 3(of 12)

Best time in the category: 3:34:18

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	1:45:43	5:25	3	7:03	7	23:56	19.50	1:45:43	5:25	3	7:03	35	
Obersorpe	8.00	43:44	5:28	3	5:09	7	9:50	27.50	2:29:27	5:26	3	12:12	35	
Finish	14.50	1:30:41	6:15	2	13:38	7	23:15	42.00	4:00:08	5:43	3	25:50	7	57:01