



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Gerigk, Christoph

Club: TV Reckum

Number: 621

Course: 42.00 km

42 km Lauf

Category:

Männer

Total time: 4:03:01

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 9 (of 67)

Rank in course/Men: 9 (of 55)

Best time in course: 3:03:07

Rank in category: 1(of 3)

Best time in the category: 4:03:01

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	1:47:54	5:31	1	-	9	26:07	19.50	1:47:54	5:31	1	-	37	
Obersorpe	8.00	45:22	5:40	1	-	15	11:28	27.50	2:33:16	5:34	1	-	37	
Finish	14.50	1:29:45	6:11	1	-	6	22:19	42.00	4:03:01	5:47	1	-	9	59:54