



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Bonfils, Soren

Club: GIF

Number: 489

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:10:21

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 12 (of 67)

Rank in course/Men: 12 (of 55)

Best time in course: 3:03:07

Rank in category: 5(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	1:50:56	5:41	4	12:16	11	29:09	19.50	1:50:56	5:41	5	12:16	40	
Obersorpe	8.00	45:08	5:38	4	6:33	12	11:14	27.50	2:36:04	5:40	5	18:49	40	
Finish	14.50	1:34:17	6:30	5	17:14	14	26:51	42.00	4:10:21	5:57	5	36:03	12	1:07:14