



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Enders, Benjamin

Club: WSV Ilmenau Alpine

Number: 543

Course: 42.00 km

42 km Lauf

Category:

Männer

Total time: 4:31:34

Speed: 9.28 km/h

Running performance: 6:28 min/km

Rank in course/Total: 20 (of 67)

Rank in course/Men: 19 (of 55)

Best time in course: 3:03:07

Rank in category: 2(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	2:05:35	6:26	2	17:41	32	43:48	19.50	2:05:35	6:26	2	17:41	47	
Obersorpe	8.00	48:02	6:00	2	2:40	19	14:08	27.50	2:53:37	6:18	2	20:21	47	
Finish	14.50	1:37:57	6:45	2	8:12	16	30:31	42.00	4:31:34	6:27	2	28:33	19	1:28:27