



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Dannenberg, Wim

Club: Hunzerunners Annen

Number: 540

Course: 42.00 km

42 km Lauf

Category:

Senioren M60

Total time: 4:42:47

Speed: 8.91 km/h

Running performance: 6:44 min/km

Rank in course/Total: 29 (of 67)

Rank in course/Men: 27 (of 55)

Best time in course: 3:03:07

Rank in category: 1(of 5)

Best time in the category: 4:42:47

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	2:07:26	6:32	2	2:11	36	45:39	19.50	2:07:26	6:32	1	-	55	
Obersorpe	8.00	49:12	6:09	1	-	23	15:18	27.50	2:56:38	6:25	1	-	55	
Finish	14.50	1:46:09	7:19	1	-	21	38:43	42.00	4:42:47	6:43	1	-	27	1:39:40