



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Becks, Michael

Club: TV Friesen Telgte

Number: 485

Course: 42.00 km

42 km Lauf

Category:

Senioren M40

Total time: 4:46:26

Speed: 8.80 km/h

Running performance: 6:49 min/km

Rank in course/Total: 36 (of 67)

Rank in course/Men: 33 (of 55)

Best time in course: 3:03:07

Rank in category: 10(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	1:58:49	6:05	7	20:09	18	37:02	19.50	1:58:49	6:05	10	20:09	6	
Obersorpe	8.00	53:52	6:44	11	15:17	37	19:58	27.50	2:52:41	6:16	10	35:26	6	
Finish	14.50	1:53:45	7:50	10	36:42	35	46:19	42.00	4:46:26	6:49	10	1:12:08	33	1:43:19