



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Damgaard, Rene

Club: Fredericia

Number: 492

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 5:06:50

Speed: 8.21 km/h

Running performance: 7:19 min/km

Rank in course/Total: 45 (of 67)

Rank in course/Men: 40 (of 55)

Best time in course: 3:03:07

Rank in category: 5(of 6)

Best time in the category: 3:17:56

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	2:11:04	6:43	5	44:28	39	49:17	19.50	2:11:04	6:43	5	44:28	13	
Obersorpe	8.00	55:11	6:53	5	18:25	39	21:17	27.50	3:06:15	6:46	5	1:02:53	13	
Finish	14.50	2:00:35	8:18	6	46:01	41	53:09	42.00	5:06:50	7:18	5	1:48:54	40	2:03:43