



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Bonde, Jens

Club: Kolding

Number: 488

Course: 42.00 km

42 km Lauf

Category:

Senioren M45

Total time: 5:06:52

Speed: 8.21 km/h

Running performance: 7:19 min/km

Rank in course/Total: 46 (of 67)

Rank in course/Men: 41 (of 55)

Best time in course: 3:03:07

Rank in category: 6(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	2:11:06	6:43	6	44:30	40	49:19	19.50	2:11:06	6:43	6	44:30	14	
Obersorpe	8.00	55:13	6:54	6	18:27	40	21:19	27.50	3:06:19	6:46	6	1:02:57	14	
Finish	14.50	2:00:33	8:18	5	45:59	40	53:07	42.00	5:06:52	7:18	6	1:48:56	41	2:03:45