



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Bergrath, Björn

Club: Bödefeld

Number: 486

Course: 42.00 km

42 km Lauf

Category:

Senioren M30

Total time: 5:16:19

Speed: 7.97 km/h

Running performance: 7:32 min/km

Rank in course/Total: 49 (of 67)

Rank in course/Men: 43 (of 55)

Best time in course: 3:03:07

Rank in category: 3(of 3)

Best time in the category: 4:23:29

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	2:18:59	7:07	3	13:58	45	57:12	19.50	2:18:59	7:07	3	13:42	16	3:56
Obersorpe	8.00	1:00:34	7:34	3	11:31	47	26:40	27.50	3:19:33	7:15	3	25:13	16	6:25
Finish	14.50	1:56:46	8:03	3	27:37	39	49:20	42.00	5:16:19	7:31	3	52:50	43	2:13:12