



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Berner, Mirco

Club: ITC Team Germany

Number: 279

Course: 67.00 km

67 km Lauf

Category:

Männer

Total time: 4:42:05

Speed: 14.25 km/h

Running performance: 4:13 min/km

Rank in course/Total: 1 (of 80)

Rank in course/Men: 1 (of 60)

Best time in course: 4:42:05

Rank in category: 1(of 3)

Best time in the category: 4:42:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Nasse Wiese	19.50	1:22:48	4:14	1	-	1	-	19.50	1:22:48	4:14	1	-	46	
Kühude	20.50	1:28:06	4:17	1	-	4	2:01	40.00	2:50:54	4:16	1	-	46	
Nasse Wiese	20.50	1:26:58	4:14	1	-	1	-	60.50	4:17:52	4:15	1	-	44	
Finish	6.50	24:13	3:43	1	-	1	-	67.00	4:42:05	4:12	1	-	1	-