



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Gino, Paolo Francesco

Club: Club Supermarathon Italia

Number: 604

Course: 42.00 km

42 km Lauf

Category:

Senioren M50

Total time: 7:42:46

Speed: 5.45 km/h

Running performance: 11:01 min/km

Rank in course/Total: 67 (of 67)

Rank in course/Men: 55 (of 55)

Best time in course: 3:03:07

Rank in category: 7(of 7)

Best time in the category: 4:11:58

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	3:17:23	10:07	7	1:23:46	55	1:55:36	19.50	3:17:23	10:07	7	1:23:46	28	1:02:20
Obersorpe	8.00	1:32:01	11:30	7	47:15	55	58:07	27.50	4:49:24	10:31	7	2:10:58	28	1:36:16
Finish	14.50	2:53:22	11:57	7	1:19:50	55	1:45:56	42.00	7:42:46	11:01	7	3:30:48	55	4:39:39