



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Wellensiek, Wolfgang

Club: Lübbecker Berglöwen

Number: 348

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 5:57:49

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 18 (of 80)

Rank in course/Men: 17 (of 60)

Best time in course: 4:42:05

Rank in category: 5(of 10)

Best time in the category: 4:48:50

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	1:39:35	5:06	5	14:47	17	16:47	19.50	1:39:35	5:06	5	14:47	47	
Kühude	20.50	1:44:26	5:05	5	17:43	18	18:21	40.00	3:24:01	5:06	5	32:30	47	
Nasse Wiese	20.50	2:00:46	5:53	5	28:47	19	33:48	60.50	5:24:47	5:22	5	1:01:17	46	
Finish	6.50	33:02	5:04	5	7:42	20	8:49	67.00	5:57:49	5:20	5	1:08:59	17	1:15:44