



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Weiß, Wilfried

Club: Marathon Steinfurt

Number: 347

Course: 67.00 km

67 km Lauf

Category:

Senioren M45

Total time: 8:34:02

Speed: 7.82 km/h

Running performance: 7:40 min/km

Rank in course/Total: 60 (of 80)

Rank in course/Men: 47 (of 60)

Best time in course: 4:42:05

Rank in category: 12(of 14)

Best time in the category: 4:57:18

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	2:11:43	6:45	12	46:08	40	48:55	19.50	2:11:43	6:45	12	46:08	18	
Kühude	20.50	2:20:35	6:51	11	53:21	39	54:30	40.00	4:32:18	6:48	12	1:38:01	18	
Nasse Wiese	20.50	2:09:29	6:18	7	32:45	24	42:31	60.50	6:41:47	6:38	12	2:10:46	18	
Finish	6.50	1:52:15	17:16	13	1:25:58	56	1:28:02	67.00	8:34:02	7:40	12	3:36:44	47	3:51:57