



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch
Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Braun, Wolfgang

Club: TV Konzen
Number: 150

Course: 101.00 km
101 km Lauf

Category:
Senioren M60

Total time: 10:08:37

Speed: 9.96 km/h
Running performance: 6:02 min/km

Rank in course/Total: 8 (of 98)

Rank in course/Men: 7 (of 84)

Best time in course: 8:25:02

Rank in category: 1(of 6)

Best time in the category: 10:08:37

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	1:54:45	5:53	1	-	11	25:20	19.50	1:54:45	5:53	1	-	58	
Kühude	20.50	1:58:43	5:47	1	-	9	23:04	40.00	3:53:28	5:50	1	-	58	
Rhein-Weser-Tur	17.00	1:40:05	5:53	1	-	7	27:20	57.00	5:33:33	5:51	1	-	58	
Kühude	17.00	1:41:32	5:58	1	-	6	14:21	74.00	7:15:05	5:52	1	-	58	
Nasse Wiese	20.50	2:18:03	6:44	1	-	7	23:04	94.50	9:33:08	6:03	1	-	56	
Finish	6.50	35:29	5:27	1	-	7	7:12	101.00	10:08:37	6:01	1	-	7	1:43:35