



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Zehrer, Christiane

Club: Braunschweig

Number: 788

Course: 42.00 km

42 km Lauf

Category:

Frauen W30

Total time: 3:57:04

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course/Total: 4 (of 36)

Rank in course/Women: 1 (of 6)

Best time in course: 3:57:04

Rank in category: 1(of 1)

Best time in the category: 3:57:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Nasse Wiese	19.50	1:42:16	5:14	1	-	1	-	19.50	1:42:16	5:14	1	-	1	-
Obersorpe	6.50	43:26	6:40	1	-	1	-	26.00	2:25:42	5:36	1	-	1	-
Finish	16.00	1:31:22	5:42	1	-	1	-	42.00	3:57:04	5:38	1	-	1	-