



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Werth, Carolin

Club: Liesen

Number: 781

Course: 42.00 km

42 km Lauf

Category:

Frauen W20

Total time: 4:07:39

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 8 (of 36)

Rank in course/Women: 2 (of 6)

Best time in course: 3:57:04

Rank in category: 1(of 1)

Best time in the category: 4:07:39

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	1:50:13	5:39	1	-	3	7:57	19.50	1:50:13	5:39	1	-	2	7:57
Obersorpe	6.50	45:24	6:59	1	-	2	1:58	26.00	2:35:37	5:59	1	-	2	9:55
Finish	16.00	1:32:02	5:45	1	-	2	0:40	42.00	4:07:39	5:53	1	-	2	10:35