



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Zuschlag, Daniela

Club: Dortmund

Number: 782

Course: 42.00 km

42 km Lauf

Category:

Frauen W35

Total time: 4:20:15

Speed: 9.68 km/h

Running performance: 6:12 min/km

Rank in course/Total: 14 (of 36)

Rank in course/Women: 3 (of 6)

Best time in course: 3:57:04

Rank in category: 1(of 1)

Best time in the category: 4:20:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	1:48:26	5:33	1	-	2	6:10	19.50	1:48:26	5:33	1	-	3	6:10
Obersorpe	6.50	46:51	7:12	1	-	3	3:25	26.00	2:35:17	5:58	1	-	3	9:35
Finish	16.00	1:44:58	6:33	1	-	3	13:36	42.00	4:20:15	6:11	1	-	3	23:11