



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Sons, Sandra**

Club: Velbert

Number: 739

Course: 67.00 km

67 km Lauf

Category:

Frauen W40

Total time: 7:17:12

Speed: 9.19 km/h

Running performance: 6:32 min/km

Rank in course/Total: 21 (of 52)

Rank in course/Women: 1 (of 7)

Best time in course: 7:17:12

Rank in category: 1(of 1)

Best time in the category: 7:17:12

### 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	2:06:41	6:29	1	-	1	-	19.50	2:06:41	6:29	1	-	1	-
Kühude	20.50	2:11:24	6:24	1	-	1	-	40.00	4:18:05	6:27	1	-	1	-
Nasse Wiese	20.50	2:21:44	6:54	1	-	1	-	60.50	6:39:49	6:36	1	-	1	-
Finish	6.50	37:23	5:45	1	-	1	-	67.00	7:17:12	6:31	1	-	1	-