



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Siegel, Heike

Club: Rennschnecken 2000 e.V.
Number: 789

Course: 42.00 km
42 km Lauf

Category:
Frauen W40

Total time: 5:09:08

Speed: 8.15 km/h
Running performance: 7:22 min/km

Rank in course/Total: 27 (of 36)

Rank in course/Women: 4 (of 6)

Best time in course: 3:57:04

Rank in category: 1(of 1)

Best time in the category: 5:09:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Nasse Wiese	19.50	2:14:20	6:53	1	-	5	32:04	19.50	2:14:20	6:53	1	-	4	32:04
Obersorpe	6.50	57:04	8:46	1	-	4	13:38	26.00	3:11:24	7:21	1	-	4	45:42
Finish	16.00	1:57:44	7:21	1	-	4	26:22	42.00	5:09:08	7:21	1	-	4	1:12:04