



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Bierman, An

Club: Hunzerunners Loopgroep

Number: 767

Course: 42.00 km

42 km Lauf

Category:

Frauen W55

Total time: 5:32:39

Speed: 7.58 km/h

Running performance: 7:55 min/km

Rank in course/Total: 30 (of 36)

Rank in course/Women: 5 (of 6)

Best time in course: 3:57:04

Rank in category: 1(of 1)

Best time in the category: 5:32:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Nasse Wiese	19.50	2:21:14	7:14	1	-	6	38:58	19.50	2:21:14	7:14	1	-	5	38:58
Obersorpe	6.50	58:44	9:02	1	-	5	15:18	26.00	3:19:58	7:41	1	-	5	54:16
Finish	16.00	2:12:41	8:17	1	-	5	41:19	42.00	5:32:39	7:55	1	-	5	1:35:35