



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

hoorn, elly

Club: hunzerunners

Number: 766

Course: 42.00 km

42 km Lauf

Category:

Frauen W50

Total time: 5:35:25

Speed: 7.51 km/h

Running performance: 7:59 min/km

Rank in course/Total: 31 (of 36)

Rank in course/Women: 6 (of 6)

Best time in course: 3:57:04

Rank in category: 1(of 1)

Best time in the category: 5:35:25

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	2:13:04	6:49	1	-	4	30:48	19.50	2:13:04	6:49	1	-	6	30:48
Obersorpe	6.50	1:05:38	10:05	1	-	6	22:12	26.00	3:18:42	7:38	1	-	6	53:00
Finish	16.00	2:16:43	8:32	1	-	6	45:21	42.00	5:35:25	7:59	1	-	6	1:38:21