



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Jasperneite, Claudia

Club: Lg Oelde/Wadersloh

Number: 747

Course: 67.00 km

67 km Lauf

Category:

Frauen W30

Total time: 8:21:15

Speed: 8.02 km/h

Running performance: 7:29 min/km

Rank in course/Total: 35 (of 52)

Rank in course/Women: 2 (of 7)

Best time in course: 7:17:12

Rank in category: 1(of 1)

Best time in the category: 8:21:15

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	2:30:51	7:44	1	-	3	24:10	19.50	2:30:51	7:44	1	-	2	24:10
Kühude	20.50	2:28:29	7:14	1	-	2	17:05	40.00	4:59:20	7:28	1	-	2	41:15
Nasse Wiese	20.50	2:41:32	7:52	1	-	2	19:48	60.50	7:40:52	7:37	1	-	2	1:01:03
Finish	6.50	40:23	6:12	1	-	2	3:00	67.00	8:21:15	7:28	1	-	2	1:04:03