



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Kraft, Christine

Club: TV Mengede

Number: 732

Course: 67.00 km

67 km Lauf

Category:

Frauen W45

Total time: 8:38:15

Speed: 7.76 km/h

Running performance: 7:44 min/km

Rank in course/Total: 39 (of 52)

Rank in course/Women: 3 (of 7)

Best time in course: 7:17:12

Rank in category: 1(of 2)

Best time in the category: 8:38:15

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	2:31:00	7:44	1	-	4	24:19	19.50	2:31:00	7:44	1	-	3	24:19
Kühude	20.50	2:35:39	7:35	1	-	3	24:15	40.00	5:06:39	7:39	1	-	3	48:34
Nasse Wiese	20.50	2:49:51	8:17	1	-	3	28:07	60.50	7:56:30	7:52	1	-	3	1:16:41
Finish	6.50	41:45	6:25	1	-	3	4:22	67.00	8:38:15	7:44	1	-	3	1:21:03