



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Dörnfeld, Elke

Club: Troisdorfer LG M.U.T.

Number: 647

Course: 101.00 km

101 km Lauf

Category:

Frauen W50

Total time: 11:19:33

Speed: 8.92 km/h

Running performance: 6:44 min/km

Rank in course/Total: 19 (of 59)

Rank in course/Women: 1 (of 7)

Best time in course: 11:19:33

Rank in category: 1(of 3)

Best time in the category: 11:19:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Nasse Wiese	19.50	2:10:29	6:41	1	-	2	0:19	19.50	2:10:29	6:41	1	-	1	-
Kühude	20.50	2:16:25	6:39	1	-	1	-	40.00	4:26:54	6:40	1	-	1	-
Rhein-Weser-Tur	17.00	1:58:39	6:58	1	-	1	-	57.00	6:25:33	6:45	1	-	1	-
Kühude	17.00	1:51:31	6:33	1	-	1	-	74.00	8:17:04	6:43	1	-	1	-
Nasse Wiese	20.50	2:27:40	7:12	1	-	1	-	94.50	10:44:44	6:49	1	-	1	-
Finish	6.50	34:49	5:21	1	-	1	-	101.00	11:19:33	6:43	1	-	1	-