



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Schlüter, Eva

Club: 100 Marathon Club

Number: 610

Course: 101.00 km

101 km Lauf

Category:

Frauen W40

Total time: 11:52:28

Speed: 8.51 km/h

Running performance: 7:03 min/km

Rank in course/Total: 25 (of 59)

Rank in course/Women: 2 (of 7)

Best time in course: 11:19:33

Rank in category: 1(of 2)

Best time in the category: 11:52:28

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	2:10:10	6:40	1	-	1	-	19.50	2:10:10	6:40	1	-	2	
Kühude	20.50	2:20:20	6:50	1	-	3	3:55	40.00	4:30:30	6:45	1	-	2	3:36
Rhein-Weser-Tur	17.00	1:59:44	7:02	1	-	2	1:05	57.00	6:30:14	6:50	1	-	2	4:41
Kühude	17.00	2:07:11	7:28	1	-	2	15:40	74.00	8:37:25	6:59	1	-	2	20:21
Nasse Wiese	20.50	2:36:35	7:38	1	-	2	8:55	94.50	11:14:00	7:07	1	-	2	29:16
Finish	6.50	38:28	5:55	1	-	2	3:39	101.00	11:52:28	7:03	1	-	2	32:55