



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Pawzik, Heike

Club: LG Nord Berlin

Number: 623

Course: 101.00 km

101 km Lauf

Category:

Frauen W45

Total time: 12:51:45

Speed: 7.85 km/h

Running performance: 7:38 min/km

Rank in course/Total: 42 (of 59)

Rank in course/Women: 3 (of 7)

Best time in course: 11:19:33

Rank in category: 1(of 1)

Best time in the category: 12:51:45

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	2:25:07	7:26	1	-	6	14:57	19.50	2:25:07	7:26	1	-	3	14:38
Kühude	20.50	2:33:02	7:27	1	-	6	16:37	40.00	4:58:09	7:27	1	-	3	31:15
Rhein-Weser-Tur	17.00	2:08:57	7:35	1	-	4	10:18	57.00	7:07:06	7:29	1	-	3	41:33
Kühude	17.00	2:09:55	7:38	1	-	3	18:24	74.00	9:17:01	7:31	1	-	3	59:57
Nasse Wiese	20.50	2:47:15	8:09	1	-	4	19:35	94.50	12:04:16	7:39	1	-	3	1:19:32
Finish	6.50	47:29	7:18	1	-	5	12:40	101.00	12:51:45	7:38	1	-	3	1:32:12