



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Frenzl, Nicole

Club: Schnauftreff Oberursel

Number: 637

Course: 101.00 km

101 km Lauf

Category:

Frauen W35

Total time: 12:54:01

Speed: 7.83 km/h

Running performance: 7:40 min/km

Rank in course/Total: 44 (of 59)

Rank in course/Women: 4 (of 7)

Best time in course: 11:19:33

Rank in category: 1(of 1)

Best time in the category: 12:54:01

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	2:14:53	6:55	1	-	3	4:43	19.50	2:14:53	6:55	1	-	4	4:24
Kühude	20.50	2:20:08	6:50	1	-	2	3:43	40.00	4:35:01	6:52	1	-	4	8:07
Rhein-Weser-Tur	17.00	2:10:16	7:39	1	-	5	11:37	57.00	6:45:17	7:06	1	-	4	19:44
Kühude	17.00	2:13:30	7:51	1	-	4	21:59	74.00	8:58:47	7:16	1	-	4	41:43
Nasse Wiese	20.50	3:08:01	9:10	1	-	5	40:21	94.50	12:06:48	7:41	1	-	4	1:22:04
Finish	6.50	47:13	7:15	1	-	4	12:24	101.00	12:54:01	7:39	1	-	4	1:34:28