



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Keelan, Bettina

Club: Berlin
Number: 603

Course: 101.00 km
101 km Lauf

Category:
Frauen W50

Total time: 13:02:48

Speed: 7.74 km/h
Running performance: 7:45 min/km

Rank in course/Total: 47 (of 59)

Rank in course/Women: 5 (of 7)

Best time in course: 11:19:33

Rank in category: 2(of 3)

Best time in the category: 11:19:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	2:29:15	7:39	3	18:46	7	19:05	19.50	2:29:15	7:39	2	18:46	5	18:46
Kühude	20.50	2:31:19	7:22	3	14:54	5	14:54	40.00	5:00:34	7:30	2	33:40	5	33:40
Rhein-Weser-Tur	17.00	2:13:03	7:49	3	14:24	6	14:24	57.00	7:13:37	7:36	2	48:04	5	48:04
Kühude	17.00	2:19:06	8:10	2	27:35	5	27:35	74.00	9:32:43	7:44	2	1:15:39	5	1:15:39
Nasse Wiese	20.50	2:46:52	8:08	2	19:12	3	19:12	94.50	12:19:35	7:49	2	1:34:51	5	1:34:51
Finish	6.50	43:13	6:38	2	8:24	3	8:24	101.00	13:02:48	7:45	2	1:43:15	5	1:43:15