



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Beidl, Sonja

Club: SC Steinberg

Number: 636

Course: 101.00 km

101 km Lauf

Category:

Frauen W40

Total time: 14:15:49

Speed: 7.08 km/h

Running performance: 8:28 min/km

Rank in course/Total: 58 (of 59)

Rank in course/Women: 7 (of 7)

Best time in course: 11:19:33

Rank in category: 2(of 2)

Best time in the category: 11:52:28

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	2:19:33	7:09	2	9:23	4	9:23	19.50	2:19:33	7:09	2	9:23	7	9:04
Kühude	20.50	2:33:56	7:30	2	13:36	7	17:31	40.00	4:53:29	7:20	2	22:59	7	26:35
Rhein-Weser-Tur	17.00	2:24:10	8:28	2	24:26	7	25:31	57.00	7:17:39	7:40	2	47:25	7	52:06
Kühude	17.00	2:35:57	9:10	2	28:46	7	44:26	74.00	9:53:36	8:01	2	1:16:11	7	1:36:32
Nasse Wiese	20.50	3:33:45	10:25	2	57:10	7	1:06:05	94.50	13:27:21	8:32	2	2:13:21	7	2:42:37
Finish	6.50	48:28	7:27	2	10:00	6	13:39	101.00	14:15:49	8:28	2	2:23:21	7	2:56:16