



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

## Detailed evaluation

**Raabe, Inge**

Club: Skiclub Weiss-Blau Remscheid

Number: 1357

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W45

Total time: 6:22:04

Speed: 10.52 km/h

Running performance: 5:42 min/km

Rank in course/Total: 32 (of 118)

Rank in course/Women: 2 (of 23)

Best time in course: 5:47:05

Rank in category: 1(of 4)

Best time in the category: 6:22:04

### Intermediate times

### Stage score

### Total ranking

| Control     | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|             |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Nasse Wiese | 19.50       | 1:52:41       | 5:46            | 1           | -              | 2            | 8:01            | 19.50         | 1:52:41       | 5:46            | 1           | -              | 23           |                 |
| Kühude      | 20.50       | 1:53:12       | 5:31            | 1           | -              | 2            | 7:30            | 40.00         | 3:45:53       | 5:38            | 1           | -              | 23           |                 |
| Nasse Wiese | 20.50       | 2:03:50       | 6:02            | 1           | -              | 2            | 15:32           | 60.50         | 5:49:43       | 5:46            | 1           | -              | 23           |                 |
| Finish      | 6.50        | 32:21         | 4:58            | 1           | -              | 3            | 3:56            | 67.00         | 6:22:04       | 5:42            | 1           | -              | 2            | 34:59           |