



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Welscher, Claudia

Club: SSG Königswinter

Number: 1781

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W40

Total time: 6:57:08

Speed: 9.64 km/h

Running performance: 6:14 min/km

Rank in course/Total: 51 (of 118)

Rank in course/Women: 6 (of 23)

Best time in course: 5:47:05

Rank in category: 1(of 2)

Best time in the category: 6:57:08

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	2:09:07	6:37	1	-	8	24:27	19.50	2:09:07	6:37	1	-	19	
Kühude	20.50	2:06:30	6:10	1	-	7	20:48	40.00	4:15:37	6:23	1	-	19	
Nasse Wiese	20.50	2:09:04	6:17	1	-	5	20:46	60.50	6:24:41	6:21	1	-	19	
Finish	6.50	32:27	4:59	1	-	5	4:02	67.00	6:57:08	6:13	1	-	6	1:10:03