



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Ngamkam, Angela

Club: Bautzener LV

Number: 1351

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W45

Total time: 7:00:48

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 54 (of 118)

Rank in course/Women: 7 (of 23)

Best time in course: 5:47:05

Rank in category: 3(of 4)

Best time in the category: 6:22:04

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	2:10:41	6:42	3	18:00	9	26:01	19.50	2:10:41	6:42	3	18:00	18		
Kühude	20.50	2:05:09	6:06	3	11:57	5	19:27	40.00	4:15:50	6:23	3	29:57	18		
Nasse Wiese	20.50	2:12:16	6:27	3	8:26	6	23:58	60.50	6:28:06	6:24	3	38:23	18		
Finish	6.50	32:42	5:01	3	0:21	7	4:17	67.00	7:00:48	6:16	3	38:44	7	1:13:43	