



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Riecks, Erika

Club: LG Mönchengladbach

Number: 1076

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W55

Total time: 5:09:11

Speed: 8.15 km/h

Running performance: 7:22 min/km

Rank in course/Total: 32 (of 46)

Rank in course/Women: 3 (of 10)

Best time in course: 4:46:49

Rank in category: 1(of 1)

Best time in the category: 5:09:11

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	2:17:15	7:02	1	-	4	4:06	19.50	2:17:15	7:02	1	-	3	2:14
Obersorpe	8.00	56:15	7:01	1	-	3	3:18	27.50	3:13:30	7:02	1	-	3	5:23
Finish	14.50	1:55:41	7:58	1	-	4	16:59	42.00	5:09:11	7:21	1	-	3	22:22