



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Kauke, Alexandra

Club: TSV Tudorf

Number: 1099

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W40

Total time: 5:18:47

Speed: 7.91 km/h

Running performance: 7:35 min/km

Rank in course/Total: 39 (of 46)

Rank in course/Women: 6 (of 10)

Best time in course: 4:46:49

Rank in category: 1(of 1)

Best time in the category: 5:18:47

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	2:18:02	7:04	1	-	5	4:53	19.50	2:18:02	7:04	1	-	6	3:01
Obersorpe	8.00	58:01	7:15	1	-	7	5:04	27.50	3:16:03	7:07	1	-	6	7:56
Finish	14.50	2:02:44	8:27	1	-	7	24:02	42.00	5:18:47	7:35	1	-	6	31:58