



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Sprang, Sonja

Club: Aachen
Number: 1371

Course: 67.00 km
67 km Lauf

Category:
Seniorinnen W35

Total time: 8:36:22

Speed: 7.79 km/h
Running performance: 7:43 min/km

Rank in course/Total: 95 (of 118)
Rank in course/Women: 15 (of 23)
Best time in course: 5:47:05

Rank in category: 4(of 4)
Best time in the category: 5:47:05

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	2:35:58	7:59	4	51:18	19	51:18	19.50	2:35:58	7:59	4	51:18	10	12:32
Kühude	20.50	2:36:15	7:37	4	50:33	16	50:33	40.00	5:12:13	7:48	4	1:41:51	10	23:26
Nasse Wiese	20.50	2:41:15	7:51	4	52:57	11	52:57	60.50	7:53:28	7:49	4	2:34:48	10	21:27
Finish	6.50	42:54	6:35	4	14:29	15	14:29	67.00	8:36:22	7:42	4	2:49:17	15	2:49:17