



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Frühauf, Sylvia

Club: Osnabrück

Number: 1809

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W45

Total time: 8:59:35

Speed: 7.45 km/h

Running performance: 8:03 min/km

Rank in course/Total: 102 (of 118)

Rank in course/Women: 18 (of 23)

Best time in course: 5:47:05

Rank in category: 4(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Nasse Wiese	19.50	2:37:13	8:03	4	21	44:32	52:33	19.50	2:37:13	8:03	4	7	44:32	13:47
Kühude	20.50	2:41:34	7:52	4	18	48:22	55:52	40.00	5:18:47	7:58	4	7	1:32:54	30:00
Nasse Wiese	20.50	2:53:09	8:26	4	17	49:19	1:04:51	60.50	8:11:56	8:07	4	7	2:22:13	39:55
Finish	6.50	47:39	7:19	4	18	15:18	19:14	67.00	8:59:35	8:03	4	18	2:37:31	3:12:30