



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Pfeifers, Maren

Club: Free Runner Gladbeck

Number: 1772

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W30

Total time: 9:16:45

Speed: 7.22 km/h

Running performance: 8:19 min/km

Rank in course/Total: 105 (of 118)

Rank in course/Women: 19 (of 23)

Best time in course: 5:47:05

Rank in category: 1(of 1)

Best time in the category: 9:16:45

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	2:27:16	7:33	1	-	16	42:36	19.50	2:27:16	7:33	1	-	6	3:50
Kühude	20.50	2:46:56	8:08	1	-	19	1:01:14	40.00	5:14:12	7:51	1	-	6	25:25
Nasse Wiese	20.50	3:12:46	9:24	1	-	19	1:24:28	60.50	8:26:58	8:22	1	-	6	54:57
Finish	6.50	49:47	7:39	1	-	19	21:22	67.00	9:16:45	8:18	1	-	19	3:29:40