



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch
Bödefeld / 11.05.2013

Detailed evaluation

Hansen, Heidrun

Club: laufsohle.de
Number: 2994

Course: 67.00 km
67 km Lauf

Category:
Seniorinnen W45

Total time: 6:51:38

Speed: 9.77 km/h
Running performance: 6:08 min/km

Rank in course/Total: 14 (of 46)

Rank in course/Women: 1 (of 9)

Best time in course: 6:51:38

Rank in category: 1(of 6)

Best time in the category: 6:51:38

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	2:07:35	6:32	1	-	1	-	19.50	2:07:35	6:32	1	-	1	-
Kühude	20.50	2:02:04	5:57	1	-	1	-	40.00	4:09:39	6:14	1	-	1	-
Nasse Wiese	20.50	2:09:26	6:18	1	-	1	-	60.50	6:19:05	6:15	1	-	1	-
Finish	6.50	32:33	5:00	1	-	1	-	67.00	6:51:38	6:08	1	-	1	-