



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Rose, Petra

Club: Lauffreunde Gremmendorf

Number: 2734

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W40

Total time: 4:43:38

Speed: 8.88 km/h

Running performance: 6:45 min/km

Rank in course/Total: 28 (of 56)

Rank in course/Women: 2 (of 10)

Best time in course: 4:29:21

Rank in category: 1(of 2)

Best time in the category: 4:43:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Total ranking			
											Pos Cat.	Behind Cat.	Pos Women	Behind Women
Nasse Wiese	19.50	2:07:24	6:31	1	-	2	1:44	19.50	2:07:24	6:31	1	-	2	1:44
Finish	22.50	2:36:14	6:56	1	-	2	12:33	42.00	4:43:38	6:45	1	-	2	14:17