



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Göbel, Carina

Club: Helios Iron Team

Number: 2992

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W45

Total time: 7:26:52

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 21 (of 46)

Rank in course/Women: 2 (of 9)

Best time in course: 6:51:38

Rank in category: 2 (of 6)

Best time in the category: 6:51:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women						Pos Women	Behind Women
Nasse Wiese	19.50	2:18:04	7:04	2	10:29	3	10:29	19.50	2:18:04	7:04	2	10:29	2	10:29
Kühude	20.50	2:12:22	6:27	2	10:18	2	10:18	40.00	4:30:26	6:45	2	20:47	2	20:47
Nasse Wiese	20.50	2:21:18	6:53	3	11:52	3	11:52	60.50	6:51:44	6:48	2	32:39	2	32:39
Finish	6.50	35:08	5:24	2	2:35	2	2:35	67.00	7:26:52	6:40	2	35:14	2	35:14