



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Diekmann, Tatjana

Club: Helios-Iron-Team

Number: 2986

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W45

Total time: 7:27:33

Speed: 8.98 km/h

Running performance: 6:41 min/km

Rank in course/Total: 22 (of 46)

Rank in course/Women: 3 (of 9)

Best time in course: 6:51:38

Rank in category: 3(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	2:18:04	7:04	2	10:29	3	10:29	19.50	2:18:04	7:04	2	10:29	2	10:29
Kühude	20.50	2:12:34	6:28	3	10:30	3	10:30	40.00	4:30:38	6:45	3	20:59	3	20:59
Nasse Wiese	20.50	2:21:11	6:53	2	11:45	2	11:45	60.50	6:51:49	6:48	3	32:44	3	32:44
Finish	6.50	35:44	5:29	3	3:11	3	3:11	67.00	7:27:33	6:40	3	35:55	3	35:55