



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Reddert, Anja

Club: LT Saaler Mühle

Number: 2811

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W35

Total time: 5:09:22

Speed: 8.15 km/h

Running performance: 7:22 min/km

Rank in course/Total: 40 (of 56)

Rank in course/Women: 3 (of 10)

Best time in course: 4:29:21

Rank in category: 2(of 4)

Best time in the category: 4:29:21

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	2:26:16	7:30	3	20:36	8	20:36	19.50	2:26:16	7:30	2	20:36	3	20:36
Finish	22.50	2:43:06	7:14	2	19:25	3	19:25	42.00	5:09:22	7:21	2	40:01	3	40:01