



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Sprang, Sonja

Club: Aachen
Number: 3012

Course: 67.00 km
67 km Lauf

Category:
Seniorinnen W40

Total time: 7:46:26

Speed: 8.62 km/h
Running performance: 6:58 min/km

Rank in course/Total: 28 (of 46)

Rank in course/Women: 4 (of 9)

Best time in course: 6:51:38

Rank in category: 1(of 1)

Best time in the category: 7:46:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Nasse Wiese	19.50	2:12:20	6:47	1	-	2	4:45	19.50	2:12:20	6:47	1	-	4	4:45
Kühude	20.50	2:18:47	6:46	1	-	4	16:43	40.00	4:31:07	6:46	1	-	4	21:28
Nasse Wiese	20.50	2:33:35	7:29	1	-	5	24:09	60.50	7:04:42	7:01	1	-	4	45:37
Finish	6.50	41:44	6:25	1	-	5	9:11	67.00	7:46:26	6:57	1	-	4	54:48