



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch  
 Bödefeld / 11.05.2013

Detailed evaluation

Holdingshausen, Bianca

Club: :anlauf Marathon-Team 2013  
 Number: 2721

Course: 42.00 km  
 42 km Lauf

Category:  
 Seniorinnen W35

Total time: 5:21:27

Speed: 7.84 km/h  
 Running performance: 7:39 min/km

Rank in course/Total: 44 (of 56)  
 Rank in course/Women: 4 (of 10)  
 Best time in course: 4:29:21

Rank in category: 3(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	2:17:44	7:03	2	12:04	3	12:04	19.50	2:17:44	7:03	3	12:04	4	12:04
Finish	22.50	3:03:43	8:09	4	40:02	5	40:02	42.00	5:21:27	7:39	3	52:06	4	52:06