



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Schelhorn, Claudia

Club: Berlin
Number: 3009

Course: 67.00 km
67 km Lauf

Category:
Seniorinnen W45

Total time: 7:51:07

Speed: 8.53 km/h
Running performance: 7:02 min/km

Rank in course/Total: 29 (of 46)

Rank in course/Women: 5 (of 9)

Best time in course: 6:51:38

Rank in category: 4 (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	2:23:31	7:21	4	15:56	5	15:56	19.50	2:23:31	7:21	4	15:56	5	15:56
Kühude	20.50	2:25:13	7:05	4	23:09	5	23:09	40.00	4:48:44	7:13	4	39:05	5	39:05
Nasse Wiese	20.50	2:25:33	7:06	4	16:07	4	16:07	60.50	7:14:17	7:10	4	55:12	5	55:12
Finish	6.50	36:50	5:40	4	4:17	4	4:17	67.00	7:51:07	7:01	4	59:29	5	59:29