



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Verspohl, Vera

Club: LT Wischlingen Dortmund

Number: 2774

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W35

Total time: 5:25:50

Speed: 7.73 km/h

Running performance: 7:46 min/km

Rank in course/Total: 48 (of 56)

Rank in course/Women: 5 (of 10)

Best time in course: 4:29:21

Rank in category: 4(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	2:26:53	7:31	4	21:13	9	21:13	19.50	2:26:53	7:31	4	21:13	5	21:13
Finish	22.50	2:58:57	7:57	3	35:16	4	35:16	42.00	5:25:50	7:45	4	56:29	5	56:29