



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

## Detailed evaluation

### Oosting, Hilly

Club: Gavas

Number: 2759

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W50

Total time: 5:36:29

Speed: 7.49 km/h

Running performance: 8:01 min/km

Rank in course/Total: 52 (of 56)

Rank in course/Women: 8 (of 10)

Best time in course: 4:29:21

Rank in category: 2(of 2)

Best time in the category: 5:34:02

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Nasse Wiese	19.50	2:24:08	7:23	2	0:53	5	18:28	19.50	2:24:08	7:23	2	0:53	8	18:28
Finish	22.50	3:12:21	8:32	2	1:34	8	48:40	42.00	5:36:29	8:00	2	2:27	8	1:07:08