



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

Detailed evaluation

Kraft, Christine

Club: LT Dortmund-Mengede
Number: 3003

Course: 67.00 km
67 km Lauf

Category:
Seniorinnen W45

Total time: 9:18:22

Speed: 7.20 km/h
Running performance: 8:20 min/km

Rank in course/Total: 43 (of 46)

Rank in course/Women: 6 (of 9)

Best time in course: 6:51:38

Rank in category: 5(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	2:45:02	8:27	5	37:27	6	37:27	19.50	2:45:02	8:27	5	37:27	6	37:27
Kühude	20.50	2:47:53	8:11	5	45:49	6	45:49	40.00	5:32:55	8:19	5	1:23:16	6	1:23:16
Nasse Wiese	20.50	2:58:03	8:41	5	48:37	6	48:37	60.50	8:30:58	8:26	5	2:11:53	6	2:11:53
Finish	6.50	47:24	7:17	5	14:51	6	14:51	67.00	9:18:22	8:20	5	2:26:44	6	2:26:44