



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

Detailed evaluation

Tille, Kristina

Club: TV Attendorn  
Number: 3150

Course: 101.00 km  
101 km Lauf

Category:  
Seniorinnen W35

Total time: 9:49:17

Speed: 10.28 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 4 (of 79)  
Rank in course/Women: 1 (of 14)  
Best time in course: 9:49:17

Rank in category: 1(of 5)  
Best time in the category: 9:49:17

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	1:57:43	6:02	1	-	1	-	19.50	1:57:43	6:02	1	-	1	-
Kühude	20.50	1:55:02	5:36	1	-	1	-	40.00	3:52:45	5:49	1	-	1	-
Rhein-Weser-Tur	17.00	1:35:52	5:38	1	-	1	-	57.00	5:28:37	5:45	1	-	1	-
Kühude	17.00	1:37:46	5:45	1	-	1	-	74.00	7:06:23	5:45	1	-	1	-
Nasse Wiese	20.50	2:10:32	6:22	1	-	1	-	94.50	9:16:55	5:53	1	-	1	-
Finish	6.50	32:22	4:58	1	-	1	-	101.00	9:49:17	5:50	1	-	1	-