



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

Detailed evaluation

Stader, Claudia

Club: Team Campana
Number: 3086

Course: 101.00 km
101 km Lauf

Category:
Seniorinnen W40

Total time: 10:26:24

Speed: 9.67 km/h
Running performance: 6:12 min/km

Rank in course/Total: 9 (of 79)
Rank in course/Women: 2 (of 14)
Best time in course: 9:49:17

Rank in category: 1(of 2)
Best time in the category: 10:26:24

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	1:59:51	6:08	1	-	2	2:08	19.50	1:59:51	6:08	1	-	2	2:08
Kühude	20.50	2:00:26	5:52	1	-	2	5:24	40.00	4:00:17	6:00	1	-	2	7:32
Rhein-Weser-Tur	17.00	1:47:05	6:17	1	-	4	11:13	57.00	5:47:22	6:05	1	-	2	18:45
Kühude	17.00	1:47:19	6:18	1	-	2	9:33	74.00	7:34:41	6:08	1	-	2	28:18
Nasse Wiese	20.50	2:13:17	6:30	1	-	2	2:45	94.50	9:47:58	6:13	1	-	2	31:03
Finish	6.50	38:26	5:54	1	-	3	6:04	101.00	10:26:24	6:12	1	-	2	37:07