



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

Detailed evaluation

Hüllweg, Hannah

Club: Münster
Number: 3052

Course: 101.00 km
101 km Lauf

Category:
Seniorinnen W30

Total time: 11:10:33

Speed: 9.04 km/h
Running performance: 6:38 min/km

Rank in course/Total: 19 (of 79)

Rank in course/Women: 3 (of 14)

Best time in course: 9:49:17

Rank in category: 1(of 2)

Best time in the category: 11:10:33

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	2:07:01	6:30	1	-	4	9:18	19.50	2:07:01	6:30	1	-	3	9:18
Kühude	20.50	2:04:52	6:05	1	-	3	9:50	40.00	4:11:53	6:17	1	-	3	19:08
Rhein-Weser-Tur	17.00	1:42:09	6:00	1	-	2	6:17	57.00	5:54:02	6:12	1	-	3	25:25
Kühude	17.00	1:54:14	6:43	1	-	3	16:28	74.00	7:48:16	6:19	1	-	3	41:53
Nasse Wiese	20.50	2:38:12	7:43	1	-	6	27:40	94.50	10:26:28	6:37	1	-	3	1:09:33
Finish	6.50	44:05	6:46	1	-	9	11:43	101.00	11:10:33	6:38	1	-	3	1:21:16