



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

Detailed evaluation

Klomp, Henriette

Club: Ulft

Number: 3059

Course: 101.00 km

101 km Lauf

Category:

Seniorinnen W45

Total time: 11:13:38

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 20 (of 79)

Rank in course/Women: 4 (of 14)

Best time in course: 9:49:17

Rank in category: 1(of 2)

Best time in the category: 11:13:38

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	2:11:59	6:46	1	-	5	14:16	19.50	2:11:59	6:46	1	-	4	14:16
Kühude	20.50	2:07:18	6:12	1	-	4	12:16	40.00	4:19:17	6:28	1	-	4	26:32
Rhein-Weser-Tur	17.00	1:44:45	6:09	1	-	3	8:53	57.00	6:04:02	6:23	1	-	4	35:25
Kühude	17.00	1:54:47	6:45	1	-	4	17:01	74.00	7:58:49	6:28	1	-	4	52:26
Nasse Wiese	20.50	2:35:29	7:35	1	-	5	24:57	94.50	10:34:18	6:42	1	-	4	1:17:23
Finish	6.50	39:20	6:03	1	-	4	6:58	101.00	11:13:38	6:40	1	-	4	1:24:21