



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

Detailed evaluation

Federholzner, Heike

Club: Dortmund  
Number: 2987

Course: 67.00 km  
67 km Lauf

Category:  
Seniorinnen W45

Total time: 11:21:28

Speed: 5.90 km/h  
Running performance: 10:10 min/km

Rank in course/Total: 44 (of 46)

Rank in course/Women: 7 (of 9)

Best time in course: 6:51:38

Rank in category: 6(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	2:57:21	9:05	6	49:46	7	49:46	19.50	2:57:21	9:05	6	49:46	7	49:46
Kühude	20.50	3:17:55	9:39	6	1:15:51	7	1:15:51	40.00	6:15:16	9:22	6	2:05:37	7	2:05:37
Nasse Wiese	20.50	3:50:26	11:14	6	1:41:00	7	1:41:00	60.50	10:05:42	10:00	6	3:46:37	7	3:46:37
Finish	6.50	1:15:46	11:39	6	43:13	9	43:13	67.00	11:21:28	10:10	6	4:29:50	7	4:29:50