



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

Detailed evaluation

Kaufmann, Ursula

Club: TV Attendorf  
Number: 3143

Course: 101.00 km  
101 km Lauf

Category:  
Seniorinnen W50

Total time: 11:23:21

Speed: 8.87 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 24 (of 79)  
Rank in course/Women: 5 (of 14)  
Best time in course: 9:49:17

Rank in category: 1(of 3)  
Best time in the category: 11:23:21

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	2:03:55	6:21	1	-	3	6:12	19.50	2:03:55	6:21	1	-	5	6:12
Kühude	20.50	2:10:18	6:21	1	-	5	15:16	40.00	4:14:13	6:21	1	-	5	21:28
Rhein-Weser-Tur	17.00	1:56:52	6:52	1	-	6	21:00	57.00	6:11:05	6:30	1	-	5	42:28
Kühude	17.00	2:02:32	7:12	1	-	5	24:46	74.00	8:13:37	6:40	1	-	5	1:07:14
Nasse Wiese	20.50	2:34:43	7:32	2	0:10	4	24:11	94.50	10:48:20	6:51	1	-	5	1:31:25
Finish	6.50	35:01	5:23	1	-	2	2:39	101.00	11:23:21	6:45	1	-	5	1:34:04