



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

Detailed evaluation

Frenzl, Nicole

Club: Schnauftreff Oberursel
Number: 3037

Course: 101.00 km
101 km Lauf

Category:
Seniorinnen W35

Total time: 12:08:39

Speed: 8.32 km/h
Running performance: 7:13 min/km

Rank in course/Total: 35 (of 79)
Rank in course/Women: 6 (of 14)
Best time in course: 9:49:17

Rank in category: 2(of 5)
Best time in the category: 9:49:17

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	2:12:23	6:47	3	14:40	7	14:40	19.50	2:12:23	6:47	2	14:40	6	14:40
Kühude	20.50	2:17:05	6:41	2	22:03	7	22:03	40.00	4:29:28	6:44	2	36:43	6	36:43
Rhein-Weser-Tur	17.00	1:59:00	7:00	2	23:08	7	23:08	57.00	6:28:28	6:48	2	59:51	6	59:51
Kühude	17.00	2:04:24	7:19	3	26:38	7	26:38	74.00	8:32:52	6:55	2	1:26:29	6	1:26:29
Nasse Wiese	20.50	2:52:42	8:25	2	42:10	8	42:10	94.50	11:25:34	7:15	2	2:08:39	6	2:08:39
Finish	6.50	43:05	6:37	3	10:43	8	10:43	101.00	12:08:39	7:12	2	2:19:22	6	2:19:22