



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

Detailed evaluation

Link-Holtermann, Elke

Club: TuS Breckerfeld
Number: 3146

Course: 101.00 km
101 km Lauf

Category:
Seniorinnen W40

Total time: 12:15:52

Speed: 8.24 km/h
Running performance: 7:17 min/km

Rank in course/Total: 40 (of 79)

Rank in course/Women: 8 (of 14)

Best time in course: 9:49:17

Rank in category: 2(of 2)

Best time in the category: 10:26:24

| 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 | 2:25:26 | 7:27 | 2 | 25:35 | 12 | 27:43 | 19.50 | 2:25:26 | 7:27 | 2 | 25:35 | 8 | 27:43 |
| Kühude | 20.50 | 2:16:29 | 6:39 | 2 | 16:03 | 6 | 21:27 | 40.00 | 4:41:55 | 7:02 | 2 | 41:38 | 8 | 49:10 |
| Rhein-Weser-Tur | 17.00 | 1:55:34 | 6:47 | 2 | 8:29 | 5 | 19:42 | 57.00 | 6:37:29 | 6:58 | 2 | 50:07 | 8 | 1:08:52 |
| Kühude | 17.00 | 2:07:30 | 7:30 | 2 | 20:11 | 10 | 29:44 | 74.00 | 8:44:59 | 7:05 | 2 | 1:10:18 | 8 | 1:38:36 |
| Nasse Wiese | 20.50 | 2:48:31 | 8:13 | 2 | 35:14 | 7 | 37:59 | 94.50 | 11:33:30 | 7:20 | 2 | 1:45:32 | 8 | 2:16:35 |
| Finish | 6.50 | 42:22 | 6:31 | 2 | 3:56 | 7 | 10:00 | 101.00 | 12:15:52 | 7:17 | 2 | 1:49:28 | 8 | 2:26:35 |