



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