



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

Detailed evaluation

Schreier, Astrid

Club: SpvG Steinhagen
Number: 3083

Course: 101.00 km
101 km Lauf

Category:
Seniorinnen W35

Total time: 12:35:51

Speed: 8.02 km/h
Running performance: 7:29 min/km

Rank in course/Total: 44 (of 79)
Rank in course/Women: 9 (of 14)
Best time in course: 9:49:17

Rank in category: 3(of 5)
Best time in the category: 9:49:17

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	2:16:38	7:00	4	18:55	8	18:55	19.50	2:16:38	7:00	3	18:55	9	18:55
Kühude	20.50	2:21:57	6:55	4	26:55	9	26:55	40.00	4:38:35	6:57	3	45:50	9	45:50
Rhein-Weser-Tur	17.00	2:03:05	7:14	4	27:13	9	27:13	57.00	6:41:40	7:02	3	1:13:03	9	1:13:03
Kühude	17.00	2:17:27	8:05	4	39:41	11	39:41	74.00	8:59:07	7:17	3	1:52:44	9	1:52:44
Nasse Wiese	20.50	2:56:31	8:36	3	45:59	9	45:59	94.50	11:55:38	7:34	3	2:38:43	9	2:38:43
Finish	6.50	40:13	6:11	2	7:51	6	7:51	101.00	12:35:51	7:29	3	2:46:34	9	2:46:34