



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

Detailed evaluation

Schede, Bianka

Total time: 12:36:06

Number: 3152

Speed: 8.01 km/h

Running performance: 7:29 min/km

Course: 101.00 km

Rank in course/Total: 45 (of 79)

101 km Lauf

Rank in course/Women: 10 (of 14)

Best time in course: 9:49:17

Category:

Rank in category: 4(of 5)

Seniorinnen W35

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	2:12:06	6:46	2	14:23	6	14:23	19.50	2:12:06	6:46	4	14:23	10	14:23
Kühude	20.50	2:18:51	6:46	3	23:49	8	23:49	40.00	4:30:57	6:46	4	38:12	10	38:12
Rhein-Weser-Tur	17.00	2:00:59	7:07	3	25:07	8	25:07	57.00	6:31:56	6:52	4	1:03:19	10	1:03:19
Kühude	17.00	2:02:45	7:13	2	24:59	6	24:59	74.00	8:34:41	6:57	4	1:28:18	10	1:28:18
Nasse Wiese	20.50	3:08:39	9:12	4	58:07	11	58:07	94.50	11:43:20	7:26	4	2:26:25	10	2:26:25
Finish	6.50	52:46	8:07	4	20:24	13	20:24	101.00	12:36:06	7:29	4	2:46:49	10	2:46:49