



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

Detailed evaluation

striebinger, ute

Club: LT Spiridon Mannheim
Number: 3017

Course: 67.00 km
67 km Lauf

Category:
Seniorinnen W60

Total time: 12:41:58

Speed: 5.28 km/h
Running performance: 11:22 min/km

Rank in course/Total: 45 (of 46)

Rank in course/Women: 8 (of 9)

Best time in course: 6:51:38

Rank in category: 1(of 1)

Best time in the category: 12:41:58

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	3:29:02	10:43	1	-	9	1:21:27	19.50	3:29:02	10:43	1	-	8	1:21:27
Kühude	20.50	3:40:53	10:46	1	-	9	1:38:49	40.00	7:09:55	10:44	1	-	8	3:00:16
Nasse Wiese	20.50	4:23:14	12:50	1	-	9	2:13:48	60.50	11:33:09	11:27	1	-	8	5:14:04
Finish	6.50	1:08:49	10:35	1	-	7	36:16	67.00	12:41:58	11:22	1	-	8	5:50:20