



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

Detailed evaluation

Kortyka, Sara

Club: 100 Marathon Club
Number: 3060

Course: 67.00 km
67 km Lauf

Category:
Frauen

Total time: 12:41:58

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

Rank in course/Total: 46 (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	3:28:59	10:43	1	-	8	1:21:24	19.50	3:28:59	10:43	1	-	9	1:21:24
Kühude	20.50	3:40:52	10:46	1	-	8	1:38:48	40.00	7:09:51	10:44	1	-	9	3:00:12
Nasse Wiese	20.50	4:22:39	12:48	1	-	8	2:13:13	60.50	11:32:30	11:26	1	-	9	5:13:25
Finish	6.50	1:09:28	10:41	1	-	8	36:55	67.00	12:41:58	11:22	1	-	8	5:50:20