



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

Detailed evaluation

Mollnar, Brigitte

Club: Pheidippides.de
Number: 3138

Course: 101.00 km
101 km Lauf

Category:
Seniorinnen W45

Total time: 13:46:50

Speed: 7.33 km/h
Running performance: 8:11 min/km

Rank in course/Total: 69 (of 79)
Rank in course/Women: 12 (of 14)
Best time in course: 9:49:17

Rank in category: 2(of 2)
Best time in the category: 11:13:38

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	2:29:30	7:40	2	17:31	13	31:47	19.50	2:29:30	7:40	2	17:31	12	31:47
Kühude	20.50	2:29:26	7:17	2	22:08	12	34:24	40.00	4:58:56	7:28	2	39:39	12	1:06:11
Rhein-Weser-Tur	17.00	2:16:50	8:02	2	32:05	12	40:58	57.00	7:15:46	7:38	2	1:11:44	12	1:47:09
Kühude	17.00	2:31:39	8:55	2	36:52	13	53:53	74.00	9:47:25	7:56	2	1:48:36	12	2:41:02
Nasse Wiese	20.50	3:11:01	9:19	2	35:32	13	1:00:29	94.50	12:58:26	8:14	2	2:24:08	12	3:41:31
Finish	6.50	48:24	7:26	2	9:04	11	16:02	101.00	13:46:50	8:11	2	2:33:12	12	3:57:33