



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

Detailed evaluation

Pawzik, Heike

Club: LG Nord Berlin  
Number: 3074

Course: 101.00 km  
101 km Lauf

Category:  
Seniorinnen W50

Total time: 13:58:20

Speed: 7.23 km/h  
Running performance: 8:18 min/km

Rank in course/Total: 73 (of 79)  
Rank in course/Women: 13 (of 14)  
Best time in course: 9:49:17

Rank in category: 3(of 3)  
Best time in the category: 11:23:21

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	2:29:46	7:40	3	25:51	14	32:03	19.50	2:29:46	7:40	3	25:51	13	32:03
Kühude	20.50	2:46:03	8:06	3	35:45	14	51:01	40.00	5:15:49	7:53	3	1:01:36	13	1:23:04
Rhein-Weser-Tur	17.00	2:17:17	8:04	3	20:25	13	41:25	57.00	7:33:06	7:56	3	1:22:01	13	2:04:29
Kühude	17.00	2:22:15	8:22	3	19:43	12	44:29	74.00	9:55:21	8:02	3	1:41:44	13	2:48:58
Nasse Wiese	20.50	3:10:50	9:18	3	36:17	12	1:00:18	94.50	13:06:11	8:19	3	2:17:51	13	3:49:16
Finish	6.50	52:09	8:01	3	17:08	12	19:47	101.00	13:58:20	8:18	3	2:34:59	13	4:09:03