



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

Detailed evaluation

Siebe, Birte

Club: Lübbecker Berglöwen  
Number: 3084

Course: 101.00 km  
101 km Lauf

Category:  
Seniorinnen W35

Total time: 14:27:20

Speed: 6.99 km/h  
Running performance: 8:35 min/km

Rank in course/Total: 75 (of 79)  
Rank in course/Women: 14 (of 14)  
Best time in course: 9:49:17

Rank in category: 5(of 5)  
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	2:23:03	7:20	5	25:20	11	25:20	19.50	2:23:03	7:20	5	25:20	14	25:20
Kühude	20.50	2:30:28	7:20	5	35:26	13	35:26	40.00	4:53:31	7:20	5	1:00:46	14	1:00:46
Rhein-Weser-Tur	17.00	2:23:32	8:26	5	47:40	14	47:40	57.00	7:17:03	7:40	5	1:48:26	14	1:48:26
Kühude	17.00	2:38:01	9:17	5	1:00:15	14	1:00:15	74.00	9:55:04	8:02	5	2:48:41	14	2:48:41
Nasse Wiese	20.50	3:33:24	10:24	5	1:22:52	14	1:22:52	94.50	13:28:28	8:33	5	4:11:33	14	4:11:33
Finish	6.50	58:52	9:03	5	26:30	14	26:30	101.00	14:27:20	8:35	5	4:38:03	14	4:38:03