



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 |