



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Lückert, Mara**

Club: SG Wenden

Number: 197

Course: 101.00 km

101 km Lauf

Category:

Seniorinnen W40

Total time: 11:03:16

Speed: 9.14 km/h

Running performance: 6:34 min/km

Rank in course/Total: 17 (of 98)

Rank in course/Women: 4 (of 14)

Best time in course: 10:04:59

Rank in category: 2(of 4)

Best time in the category: 10:39:20

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	1:51:33	5:43	1	-	1	-	19.50	1:51:33	5:43	2		4	
Kühude	20.50	1:57:24	5:43	1	-	1	-	40.00	3:48:57	5:43	2		4	
Rhein-Weser-Tur	17.00	1:37:18	5:43	1	-	1	-	57.00	5:26:15	5:43	2		4	
Kühude	17.00	2:08:06	7:32	2	19:11	7	26:45	74.00	7:34:21	6:08	2		4	19:23
Nasse Wiese	20.50	2:42:42	7:56	2	25:01	5	29:46	94.50	10:17:03	6:31	2	13:01	4	49:09
Finish	6.50	46:13	7:06	3	10:55	9	10:58	101.00	11:03:16	6:34	2	23:56	4	58:17