



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Kaufmann, Ursula

Club: TV Attendorn

Number: 1602

Course: 101.00 km

101 km Lauf

Category:

Seniorinnen W50

Total time: 11:20:40

Speed: 8.90 km/h

Running performance: 6:44 min/km

Rank in course/Total: 19 (of 98)

Rank in course/Women: 5 (of 14)

Best time in course: 10:04:59

Rank in category: 1(of 3)

Best time in the category: 11:20:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Nasse Wiese	19.50	2:09:46	6:39	2	18:11	7	18:13	19.50	2:09:46	6:39	1	-	5	15:04
Kühude	20.50	2:11:07	6:23	2	8:38	6	13:43	40.00	4:20:53	6:31	1	-	5	27:22
Rhein-Weser-Tur	17.00	1:55:14	6:46	1	-	6	17:56	57.00	6:16:07	6:35	1	-	5	42:30
Kühude	17.00	1:56:32	6:51	1	-	4	15:11	74.00	8:12:39	6:39	1	-	5	57:41
Nasse Wiese	20.50	2:30:57	7:21	1	-	4	18:01	94.50	10:43:36	6:48	1	-	5	1:15:42
Finish	6.50	37:04	5:42	1	-	3	1:49	101.00	11:20:40	6:44	1	-	5	1:15:41