



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Gansen, Vera

Club: Gummersbach

Number: 168

Course: 101.00 km

101 km Lauf

Category:

Seniorinnen W45

Total time: 11:39:31

Speed: 8.66 km/h

Running performance: 6:56 min/km

Rank in course/Total: 30 (of 98)

Rank in course/Women: 6 (of 14)

Best time in course: 10:04:59

Rank in category: 2(of 4)

Best time in the category: 10:39:21

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	2:05:40	6:26	2	4:26	6	14:07	19.50	2:05:40	6:26	2	4:26	6	10:58
Kühude	20.50	2:11:59	6:26	2	5:05	7	14:35	40.00	4:17:39	6:26	2	9:31	6	24:08
Rhein-Weser-Tur	17.00	1:48:24	6:22	1	-	3	11:06	57.00	6:06:03	6:25	2	9:16	6	32:26
Kühude	17.00	1:56:57	6:52	2	6:27	5	15:36	74.00	8:03:00	6:31	2	15:43	6	48:02
Nasse Wiese	20.50	2:52:54	8:26	3	36:05	7	39:58	94.50	10:55:54	6:56	2	51:48	6	1:28:00
Finish	6.50	43:37	6:42	3	8:22	7	8:22	101.00	11:39:31	6:55	2	1:00:10	6	1:34:32