



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Schulz, Tina

Club: Marth

Number: 1579

Course: 101.00 km

101 km Lauf

Category:

Seniorinnen W45

Total time: 12:25:38

Speed: 8.13 km/h

Running performance: 7:23 min/km

Rank in course/Total: 41 (of 98)

Rank in course/Women: 8 (of 14)

Best time in course: 10:04:59

Rank in category: 3(of 4)

Best time in the category: 10:39:21

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	2:20:44	7:13	3	19:30	9	29:11	19.50	2:20:44	7:13	3	19:30	8	26:02
Kühude	20.50	2:23:08	6:58	3	16:14	8	25:44	40.00	4:43:52	7:05	3	35:44	8	50:21
Rhein-Weser-Tur	17.00	2:00:04	7:03	3	11:40	8	22:46	57.00	6:43:56	7:05	3	47:09	8	1:10:19
Kühude	17.00	2:03:38	7:16	3	13:08	6	22:17	74.00	8:47:34	7:07	3	1:00:17	8	1:32:36
Nasse Wiese	20.50	2:47:55	8:11	2	31:06	6	34:59	94.50	11:35:29	7:21	3	1:31:23	8	2:07:35
Finish	6.50	50:09	7:42	4	14:54	11	14:54	101.00	12:25:38	7:22	3	1:46:17	8	2:20:39