



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Preuß, Christa

Club: Lübecker SC

Number: 211

Course: 101.00 km

101 km Lauf

Category:

Seniorinnen W50

Total time: 12:41:13

Speed: 7.96 km/h

Running performance: 7:32 min/km

Rank in course/Total: 43 (of 98)

Rank in course/Women: 9 (of 14)

Best time in course: 10:04:59

Rank in category: 3(of 3)

Best time in the category: 11:20:40

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	2:22:05	7:17	3	30:30	10	30:32	19.50	2:22:05	7:17	3	12:19	9	27:23
Kühude	20.50	2:23:16	6:59	3	20:47	9	25:52	40.00	4:45:21	7:08	3	24:28	9	51:50
Rhein-Weser-Tur	17.00	1:59:33	7:01	2	4:19	7	22:15	57.00	6:44:54	7:06	3	28:47	9	1:11:17
Kühude	17.00	2:10:42	7:41	2	14:10	8	29:21	74.00	8:55:36	7:14	3	42:57	9	1:40:38
Nasse Wiese	20.50	2:58:30	8:42	2	27:33	10	45:34	94.50	11:54:06	7:33	3	1:10:30	9	2:26:12
Finish	6.50	47:07	7:14	3	10:03	10	11:52	101.00	12:41:13	7:32	3	1:20:33	9	2:36:14