



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Frenzl, Nicole

Club: Schnauftreff Oberursel

Number: 165

Course: 101.00 km

101 km Lauf

Category:

Seniorinnen W40

Total time: 12:48:09

Speed: 7.89 km/h

Running performance: 7:37 min/km

Rank in course/Total: 49 (of 98)

Rank in course/Women: 10 (of 14)

Best time in course: 10:04:59

Rank in category: 3(of 4)

Best time in the category: 10:39:20

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	2:16:29	6:59	3	24:56	8	24:56	19.50	2:16:29	6:59	3	13:23	10	21:47
Kühude	20.50	2:27:22	7:11	3	29:58	11	29:58	40.00	4:43:51	7:05	3	36:14	10	50:20
Rhein-Weser-Tur	17.00	2:12:23	7:47	3	35:05	11	35:05	57.00	6:56:14	7:18	3	58:48	10	1:22:37
Kühude	17.00	2:12:46	7:48	3	23:51	9	31:25	74.00	9:09:00	7:25	3	1:22:39	10	1:54:02
Nasse Wiese	20.50	2:54:21	8:30	3	36:40	8	41:25	94.50	12:03:21	7:39	3	1:59:19	10	2:35:27
Finish	6.50	44:48	6:53	2	9:30	8	9:33	101.00	12:48:09	7:36	3	2:08:49	10	2:43:10