



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Link-Holtermann, Elke

Club: TuS Breckerfeld

Number: 1595

Course: 101.00 km

101 km Lauf

Category:

Seniorinnen W45

Total time: 12:57:26

Speed: 7.79 km/h

Running performance: 7:42 min/km

Rank in course/Total: 51 (of 98)

Rank in course/Women: 11 (of 14)

Best time in course: 10:04:59

Rank in category: 4(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	2:26:33	7:30	4	25:19	12	35:00	19.50	2:26:33	7:30	4	25:19	11	31:51
Kühude	20.50	2:26:02	7:07	4	19:08	10	28:38	40.00	4:52:35	7:18	4	44:27	11	59:04
Rhein-Weser-Tur	17.00	2:02:25	7:12	4	14:01	10	25:07	57.00	6:55:00	7:16	4	58:13	11	1:21:23
Kühude	17.00	2:23:00	8:24	4	32:30	12	41:39	74.00	9:18:00	7:32	4	1:30:43	11	2:03:02
Nasse Wiese	20.50	2:56:37	8:36	4	39:48	9	43:41	94.50	12:14:37	7:46	4	2:10:31	11	2:46:43
Finish	6.50	42:49	6:35	2	7:34	5	7:34	101.00	12:57:26	7:41	4	2:18:05	11	2:52:27