



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Hennigs, Liane

Club: Jever

Number: 179

Course: 101.00 km

101 km Lauf

Category:

Seniorinnen W55

Total time: 13:48:42

Speed: 7.31 km/h

Running performance: 8:12 min/km

Rank in course/Total: 71 (of 98)

Rank in course/Women: 13 (of 14)

Best time in course: 10:04:59

Rank in category: 2(of 2)

Best time in the category: 10:04:59

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	2:27:31	7:33	2	32:49	13	35:58	19.50	2:27:31	7:33	2	32:49	14	32:49
Kühude	20.50	2:28:25	7:14	2	29:36	12	31:01	40.00	4:55:56	7:23	2	1:02:25	13	1:02:25
Rhein-Weser-Tur	17.00	2:15:36	7:58	2	35:30	13	38:18	57.00	7:11:32	7:34	2	1:37:55	13	1:37:55
Kühude	17.00	2:41:05	9:28	2	59:44	13	59:44	74.00	9:52:37	8:00	2	2:37:39	13	2:37:39
Nasse Wiese	20.50	3:01:36	8:51	2	48:40	11	48:40	94.50	12:54:13	8:11	2	3:26:19	13	3:26:19
Finish	6.50	54:29	8:22	2	17:24	12	19:14	101.00	13:48:42	8:12	2	3:43:43	13	3:43:43