



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Staubach, Astrid

Club: ITC Team Germany

Number: 332

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W40

Total time: 5:43:06

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 17 (of 80)

Rank in course/Women: 1 (of 20)

Best time in course: 5:43:06

Rank in category: 1 (of 6)

Best time in the category: 5:43:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Nasse Wiese	19.50	1:42:18	5:14	1	-	1	-	19.50	1:42:18	5:14	1	-	11	
Kühude	20.50	1:45:12	5:07	1	-	1	-	40.00	3:27:30	5:11	1	-	11	
Nasse Wiese	20.50	1:47:23	5:14	1	-	1	-	60.50	5:14:53	5:12	1	-	11	
Finish	6.50	28:13	4:20	1	-	1	-	67.00	5:43:06	5:07	1	-	1	-