



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

van Duijl, Susan

Club: ITC Team Netherlands

Number: 343

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W35

Total time: 6:11:45

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 21 (of 80)

Rank in course/Women: 3 (of 20)

Best time in course: 5:43:06

Rank in category: 1(of 4)

Best time in the category: 6:11:45

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
Nasse Wiese	19.50	1:46:44	5:28	1	-	3	4:26	19.50	1:46:44	5:28	1	-	18
Kühude	20.50	1:51:45	5:27	1	-	3	6:33	40.00	3:38:29	5:27	1	-	19
Nasse Wiese	20.50	2:00:11	5:51	1	-	4	12:48	60.50	5:38:40	5:35	1	-	19
Finish	6.50	33:05	5:05	2	1:50	6	4:52	67.00	6:11:45	5:32	1	-	3 28:39