



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Philipp, Simone

Club: ITC Team Germany

Number: 321

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W40

Total time: 6:15:32

Speed: 10.70 km/h

Running performance: 5:36 min/km

Rank in course/Total: 22 (of 80)

Rank in course/Women: 4 (of 20)

Best time in course: 5:43:06

Rank in category: 2 (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	1:48:18	5:33	2	6:00	4	6:00	19.50	1:48:18	5:33	2	6:00	17	
Kühude	20.50	1:54:21	5:34	2	9:09	4	9:09	40.00	3:42:39	5:33	2	15:09	18	
Nasse Wiese	20.50	1:59:52	5:50	2	12:29	3	12:29	60.50	5:42:31	5:39	2	27:38	18	
Finish	6.50	33:01	5:04	3	4:48	5	4:48	67.00	6:15:32	5:36	2	32:26	4	32:26