



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Brand, Janna

Club: ITC Team Netherlands

Number: 281

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W40

Total time: 6:35:41

Speed: 10.16 km/h

Running performance: 5:55 min/km

Rank in course/Total: 25 (of 80)

Rank in course/Women: 5 (of 20)

Best time in course: 5:43:06

Rank in category: 3(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
Nasse Wiese	19.50	1:53:31	5:49	3	11:13	5	11:13	19.50	1:53:31	5:49	3	11:13	16
Kühude	20.50	1:57:41	5:44	3	12:29	5	12:29	40.00	3:51:12	5:46	3	23:42	17
Nasse Wiese	20.50	2:08:19	6:15	3	20:56	5	20:56	60.50	5:59:31	5:56	3	44:38	17
Finish	6.50	36:10	5:33	4	7:57	8	7:57	67.00	6:35:41	5:54	3	52:35	5 52:35