



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Rengers, Katja

Club: RWE Starlight Team Essen

Number: 517

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W35

Total time: 4:20:04

Speed: 9.69 km/h

Running performance: 6:11 min/km

Rank in course/Total: 16 (of 67)

Rank in course/Women: 1 (of 12)

Best time in course: 4:20:04

Rank in category: 1(of 2)

Best time in the category: 4:20:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Nasse Wiese	19.50	1:56:02	5:57	1	-	1	-	19.50	1:56:02	5:57	1	-	1	-				
Obersorpe	8.00	46:44	5:50	1	-	1	-	27.50	2:42:46	5:55	1	-	1	-				
Finish	14.50	1:37:18	6:42	1	-	1	-	42.00	4:20:04	6:11	1	-	1	-				