



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Schellöh, Birgit

Club: Triathlon Team Ratingen 08

Number: 325

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W50

Total time: 6:54:15

Speed: 9.70 km/h

Running performance: 6:11 min/km

Rank in course/Total: 32 (of 80)

Rank in course/Women: 8 (of 20)

Best time in course: 5:43:06

Rank in category: 1 (of 4)

Best time in the category: 6:54:15

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	1:57:57	6:02	1	-	7	15:39	19.50	1:57:57	6:02	1	-	14	
Kühude	20.50	2:01:41	5:56	1	-	7	16:29	40.00	3:59:38	5:59	1	-	14	
Nasse Wiese	20.50	2:18:12	6:44	1	-	8	30:49	60.50	6:17:50	6:14	1	-	14	
Finish	6.50	36:25	5:36	1	-	9	8:12	67.00	6:54:15	6:10	1	-	8	1:11:09