



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Welscher, Claudia

Club: SSG Königsluter

Number: 1614

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W45

Total time: 7:08:30

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 39 (of 80)

Rank in course/Women: 9 (of 20)

Best time in course: 5:43:06

Rank in category: 1(of 1)

Best time in the category: 7:08:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Nasse Wiese	19.50	2:01:25	6:13	1	-	8	19:07	19.50	2:01:25	6:13	1	-	13	
Kühude	20.50	2:08:57	6:17	1	-	8	23:45	40.00	4:10:22	6:15	1	-	13	
Nasse Wiese	20.50	2:22:59	6:58	1	-	9	35:36	60.50	6:33:21	6:30	1	-	13	
Finish	6.50	35:09	5:24	1	-	7	6:56	67.00	7:08:30	6:23	1	-	9	1:25:24