



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Lemm, Natalie

Club: TSVE 1890 Bielefeld

Number: 513

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W40

Total time: 4:40:14

Speed: 8.99 km/h

Running performance: 6:40 min/km

Rank in course/Total: 24 (of 67)

Rank in course/Women: 2 (of 12)

Best time in course: 4:20:04

Rank in category: 1(of 2)

Best time in the category: 4:40:14

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	2:04:18	6:22	1	-	2	8:16	19.50	2:04:18	6:22	1	-	2	8:16				
Obersorpe	8.00	50:37	6:19	1	-	3	3:53	27.50	2:54:55	6:21	1	-	2	12:09				
Finish	14.50	1:45:19	7:15	1	-	2	8:01	42.00	4:40:14	6:40	1	-	2	20:10				