



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

von Bronk, Claudia

Club: Langenhagen

Number: 346

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W40

Total time: 7:22:12

Speed: 9.09 km/h

Running performance: 6:36 min/km

Rank in course/Total: 43 (of 80)

Rank in course/Women: 10 (of 20)

Best time in course: 5:43:06

Rank in category: 5(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	Behind Women
Nasse Wiese	19.50	2:03:58	6:21	5	21:40	9	21:40	19.50	2:03:58	6:21	5	21:40	12	
Kühude	20.50	2:12:33	6:27	5	27:21	9	27:21	40.00	4:16:31	6:24	5	49:01	12	
Nasse Wiese	20.50	2:27:44	7:12	5	40:21	10	40:21	60.50	6:44:15	6:40	5	1:29:22	12	
Finish	6.50	37:57	5:50	5	9:44	10	9:44	67.00	7:22:12	6:35	5	1:39:06	10	1:39:06