



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Benz, Katja

Club: Erkrath

Number: 532

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W40

Total time: 5:05:31

Speed: 8.25 km/h

Running performance: 7:16 min/km

Rank in course/Total: 44 (of 67)

Rank in course/Women: 5 (of 12)

Best time in course: 4:20:04

Rank in category: 2(of 2)

Best time in the category: 4:40:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	2:19:39	7:09	2	15:21	7	23:37	19.50	2:19:39	7:09	2	15:21	5	23:37
Obersorpe	8.00	57:59	7:14	2	7:22	5	11:15	27.50	3:17:38	7:11	2	22:43	5	34:52
Finish	14.50	1:47:53	7:26	2	2:34	3	10:35	42.00	5:05:31	7:16	2	25:17	5	45:27