



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Holdingshausen, Bianca

Club: :anlauf Marathon Team 2014

Number: 503

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W35

Total time: 5:21:05

Speed: 7.85 km/h

Running performance: 7:38 min/km

Rank in course/Total: 53 (of 67)

Rank in course/Women: 7 (of 12)

Best time in course: 4:20:04

Rank in category: 2(of 2)

Best time in the category: 4:20:04

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	2:16:07	6:58	2	20:05	6	20:05	19.50	2:16:07	6:58	2	20:05	7	20:05
Obersorpe	8.00	1:01:34	7:41	2	14:50	7	14:50	27.50	3:17:41	7:11	2	34:55	7	34:55
Finish	14.50	2:03:24	8:30	2	26:06	7	26:06	42.00	5:21:05	7:38	2	1:01:01	7	1:01:01