



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Sefzig, Renate

Club: LT Dünwalder TV

Number: 523

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W55

Total time: 5:43:37

Speed: 7.33 km/h

Running performance: 8:11 min/km

Rank in course/Total: 61 (of 67)

Rank in course/Women: 9 (of 12)

Best time in course: 4:20:04

Rank in category: 2(of 3)

Best time in the category: 5:42:39

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	2:24:21	7:24	1	-	8	28:19	19.50	2:24:21	7:24	2		9	28:19
Obersorpe	8.00	1:02:30	7:48	1	-	8	15:46	27.50	3:26:51	7:31	2		9	44:05
Finish	14.50	2:16:46	9:25	3	12:14	11	39:28	42.00	5:43:37	8:10	2	0:58	9	1:23:33