



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Jaschky, Iris

Club: Troisdorfer LG

Number: 1615

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W50

Total time: 8:14:57

Speed: 8.12 km/h

Running performance: 7:23 min/km

Rank in course/Total: 56 (of 80)

Rank in course/Women: 12 (of 20)

Best time in course: 5:43:06

Rank in category: 2(of 4)

Best time in the category: 6:54:15

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	2:27:11	7:32	3	29:14	13	44:53	19.50	2:27:11	7:32	2	29:14	10	6:33
Kühude	20.50	2:23:42	7:00	2	22:01	11	38:30	40.00	4:50:53	7:16	2	51:15	10	11:18
Nasse Wiese	20.50	2:43:19	7:58	2	25:07	12	55:56	60.50	7:34:12	7:30	2	1:16:22	10	21:58
Finish	6.50	40:45	6:16	2	4:20	12	12:32	67.00	8:14:57	7:23	2	1:20:42	12	2:31:51