



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Siebe, Birte

Club: Lübbecker Berglöwen

Number: 224

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W35

Total time: 8:20:53

Speed: 8.03 km/h

Running performance: 7:29 min/km

Rank in course/Total: 58 (of 80)

Rank in course/Women: 13 (of 20)

Best time in course: 5:43:06

Rank in category: 3(of 4)

Best time in the category: 6:11:45

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	2:16:40	7:00	2	29:56	10	34:22	19.50	2:16:40	7:00	2	29:56	9	
Kühude	20.50	2:30:21	7:20	2	38:36	12	45:09	40.00	4:47:01	7:10	3	1:08:32	9	7:26
Nasse Wiese	20.50	2:50:04	8:17	3	49:53	13	1:02:41	60.50	7:37:05	7:33	3	1:58:25	9	24:51
Finish	6.50	43:48	6:44	4	12:33	16	15:35	67.00	8:20:53	7:28	3	2:09:08	13	2:37:47