



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Kilian, Alexandra

Club: yogawi.de

Number: 184

Course: 67.00 km

67 km Lauf

Category:

Seniorinnen W55

Total time: 9:33:56

Speed: 7.00 km/h

Running performance: 8:34 min/km

Rank in course/Total: 73 (of 80)

Rank in course/Women: 18 (of 20)

Best time in course: 5:43:06

Rank in category: 1(of 1)

Best time in the category: 9:33:56

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	2:38:40	8:08	1	-	16	56:22	19.50	2:38:40	8:08	1	-	4	18:02
Kühude	20.50	2:43:20	7:58	1	-	15	58:08	40.00	5:22:00	8:03	1	-	4	42:25
Nasse Wiese	20.50	3:12:35	9:23	1	-	18	1:25:12	60.50	8:34:35	8:30	1	-	4	1:22:21
Finish	6.50	59:21	9:07	1	-	19	31:08	67.00	9:33:56	8:33	1	-	18	3:50:50