



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Braun, Marion

Club: SV Germania Eicherscheid

Number: 149

Course: 101.00 km

101 km Lauf

Category:

Seniorinnen W55

Total time: 10:04:59

Speed: 10.02 km/h

Running performance: 5:59 min/km

Rank in course/Total: 7 (of 98)

Rank in course/Women: 1 (of 14)

Best time in course: 10:04:59

Rank in category: 1(of 2)

Best time in the category: 10:04:59

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Nasse Wiese	19.50	1:54:42	5:52	1	-	3	3:09	19.50	1:54:42	5:52	1	-	1	-
Kühude	20.50	1:58:49	5:47	1	-	2	1:25	40.00	3:53:31	5:50	1	-	1	-
Rhein-Weser-Tur	17.00	1:40:06	5:53	1	-	2	2:48	57.00	5:33:37	5:51	1	-	1	-
Kühude	17.00	1:41:21	5:57	1	-	1	-	74.00	7:14:58	5:52	1	-	1	-
Nasse Wiese	20.50	2:12:56	6:29	1	-	1	-	94.50	9:27:54	6:00	1	-	1	-
Finish	6.50	37:05	5:42	1	-	4	1:50	101.00	10:04:59	5:59	1	-	1	-