



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Rosentreter, Beate

Club: Haxter Lauffreunde Paderborn
Number: 216

Course: 101.00 km
101 km Lauf

Category:
Seniorinnen W45

Total time: 10:39:21

Speed: 9.48 km/h
Running performance: 6:20 min/km

Rank in course/Total: 14 (of 98)

Rank in course/Women: 3 (of 14)

Best time in course: 10:04:59

Rank in category: 1(of 4)

Best time in the category: 10:39:21

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	2:01:14	6:13	1	-	4	9:41	19.50	2:01:14	6:13	1	-	3	6:32
Kühude	20.50	2:06:54	6:11	1	-	5	9:30	40.00	4:08:08	6:12	1	-	3	14:37
Rhein-Weser-Tur	17.00	1:48:39	6:23	2	0:15	4	11:21	57.00	5:56:47	6:15	1	-	3	23:10
Kühude	17.00	1:50:30	6:30	1	-	3	9:09	74.00	7:47:17	6:18	1	-	3	32:19
Nasse Wiese	20.50	2:16:49	6:40	1	-	2	3:53	94.50	10:04:06	6:23	1	-	3	36:12
Finish	6.50	35:15	5:25	1	-	1	-	101.00	10:39:21	6:19	1	-	3	34:22