



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Richter, Andreas

Club: SSF Bonn 1905 e.V.

Number: 1859

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 8:21:42

Speed: 8.01 km/h

Running performance: 7:29 min/km

Rank in course/Total: 91 (of 118)

Rank in course/Men: 77 (of 95)

Best time in course: 4:51:45

Rank in category: 19(of 20)

Best time in the category: 4:58:11

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Nasse Wiese | 19.50 | 2:12:56 | 6:49 | 16 | 45:23 | 71 | 46:39 | 19.50 | 2:12:56 | 6:49 | 2 | 27:05 | 41 | 12:13 |
| Kühude | 20.50 | 2:23:05 | 6:58 | 18 | 55:15 | 75 | 55:15 | 40.00 | 4:36:01 | 6:54 | 2 | 51:19 | 41 | 31:37 |
| Nasse Wiese | 20.50 | 3:05:48 | 9:03 | 19 | 1:29:03 | 84 | 1:34:37 | 60.50 | 7:41:49 | 7:37 | 2 | 1:26:53 | 40 | 55:51 |
| Finish | 6.50 | 39:53 | 6:08 | 11 | 13:50 | 60 | 14:45 | 67.00 | 8:21:42 | 7:29 | 19 | 3:23:31 | 77 | 3:29:57 |