



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