



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

## Detailed evaluation

Richter, Andreas

Club: SSF Bonn Triathlon

Number: 3147

Course: 67.00 km

67 km Lauf

Category:

Senioren M40

Total time: 8:02:27

Speed: 8.33 km/h

Running performance: 7:12 min/km

Rank in course/Total: 32 (of 46)

Rank in course/Men: 27 (of 37)

Best time in course: 5:06:44

Rank in category: 8(of 11)

Best time in the category: 5:20:45

### 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	2:20:19	7:11	8	42:28	29	50:19	19.50	2:20:19	7:11	8	42:28	9	1:48
Kühude	20.50	2:23:31	7:00	10	44:56	30	53:10	40.00	4:43:50	7:05	8	1:27:24	9	11:57
Nasse Wiese	20.50	2:39:03	7:45	8	1:02:38	27	1:02:38	60.50	7:22:53	7:19	8	2:30:02	9	9:09
Finish	6.50	39:34	6:05	6	11:40	25	12:55	67.00	8:02:27	7:12	8	2:41:42	27	2:55:43