



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch
Bödefeld / 11.05.2013

Detailed evaluation

Timmer, Sandra

Club: SSF Bonn Triathlon
Number: 3090

Course: 101.00 km
101 km Lauf

Category:
Seniorinnen W30

Total time: 12:50:11

Speed: 7.87 km/h
Running performance: 7:38 min/km

Rank in course/Total: 52 (of 79)
Rank in course/Women: 11 (of 14)
Best time in course: 9:49:17

Rank in category: 2(of 2)
Best time in the category: 11:10:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	2:20:21	7:11	2	13:20	10	22:38	19.50	2:20:21	7:11	2	13:20	11	22:38
Kühude	20.50	2:23:40	7:00	2	18:48	10	28:38	40.00	4:44:01	7:06	2	32:08	11	51:16
Rhein-Weser-Tur	17.00	2:07:10	7:28	2	25:01	11	31:18	57.00	6:51:11	7:12	2	57:09	11	1:22:34
Kühude	17.00	2:06:41	7:27	2	12:27	9	28:55	74.00	8:57:52	7:16	2	1:09:36	11	1:51:29
Nasse Wiese	20.50	3:04:33	9:00	2	26:21	10	54:01	94.50	12:02:25	7:38	2	1:35:57	11	2:45:30
Finish	6.50	47:46	7:20	2	3:41	10	15:24	101.00	12:50:11	7:37	2	1:39:38	11	3:00:54