



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Lempken, Uwe

Club: Homberger TV

Number: 666

Course: 101.00 km

101 km Lauf

Category:

Männer M50

Total time: 12:28:18

Speed: 8.10 km/h

Running performance: 7:25 min/km

Rank in course/Total: 37 (of 59)

Rank in course/Men: 35 (of 52)

Best time in course: 8:09:44

Rank in category: 11(of 13)

Best time in the category: 8:57:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			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	2:15:24	6:56	12	35:54	42	46:42	19.50	2:15:24	6:56	11	35:54	9	5:49
Kühude	20.50	2:19:07	6:47	11	35:58	34	46:03	40.00	4:34:31	6:51	11	1:11:52	9	1:20
Rhein-Weser-Tur	17.00	2:03:15	7:15	10	34:55	33	42:13	57.00	6:37:46	6:58	11	1:46:47	9	
Kühude	17.00	2:12:44	7:48	10	40:54	31	44:55	74.00	8:50:30	7:10	11	2:27:41	9	
Nasse Wiese	20.50	2:52:50	8:25	10	50:16	33	1:01:47	94.50	11:43:20	7:26	11	3:17:57	9	
Finish	6.50	44:58	6:55	11	12:37	35	16:54	101.00	12:28:18	7:24	11	3:30:34	35	4:18:34