



**Bödefelder Hollenlauf/ -Marsch**  
Bödefeld / 19.05.2012

Detailed evaluation

**Schmidt, Uwe**

Club: LT Hennef  
Number: 1843

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M55

Total time: 12:44:06

Speed: 7.93 km/h  
Running performance: 7:34 min/km

Rank in course/Total: 28 (of 45)

Rank in course/Men: 27 (of 44)

Best time in course: 9:03:40

Rank in category: 4(of 8)

Best time in the category: 10:56:24

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:09:22	6:38	4	25:34	20	27:04	19.50	2:09:22	6:38	4	1:23	7	
Kühude	20.50	2:21:11	6:53	4	38:34	31	39:42	40.00	4:30:33	6:45	4	15:07	7	
Rhein-Weser-Tur	17.00	2:05:38	7:23	4	33:50	26	44:39	57.00	6:36:11	6:57	4	30:43	7	
Kühude	17.00	2:21:59	8:21	4	29:09	33	55:11	74.00	8:58:10	7:16	4	59:52	6	
Nasse Wiese	20.50	3:05:55	9:04	5	44:36	31	1:02:33	94.50	12:04:05	7:39	4	1:44:28	6	
Finish	6.50	40:01	6:09	4	3:14	17	9:55	101.00	12:44:06	7:33	4	1:47:42	27	3:40:26