



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Lempken, Uwe

Club: Homberger TV

Number: 1828

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 13:27:12

Speed: 7.51 km/h

Running performance: 7:59 min/km

Rank in course/Total: 36 (of 45)

Rank in course/Men: 35 (of 44)

Best time in course: 9:03:40

Rank in category: 7(of 10)

Best time in the category: 10:49:46

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	2:21:29	7:15	6	22:40	35	39:11	19.50	2:21:29	7:15	7	22:40	15	5:45
Kühude	20.50	2:24:20	7:02	8	24:14	36	42:51	40.00	4:45:49	7:08	7	46:54	15	12:09
Rhein-Weser-Tur	17.00	2:08:50	7:34	5	20:27	28	47:51	57.00	6:54:39	7:16	7	1:07:12	15	3:22
Kühude	17.00	2:32:25	8:57	9	38:56	39	1:05:37	74.00	9:27:04	7:39	7	1:46:08	14	18:17
Nasse Wiese	20.50	3:12:07	9:22	9	51:41	38	1:08:45	94.50	12:39:11	8:02	7	2:27:50	14	28:04
Finish	6.50	48:01	7:23	7	17:55	28	17:55	101.00	13:27:12	7:59	7	2:37:26	35	4:23:32