



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

Detailed evaluation

Schmidt, Uwe

Club: LT Hennef/Sieg  
Number: 3078

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M55

Total time: 12:05:40

Speed: 8.35 km/h  
Running performance: 7:11 min/km

Rank in course/Total: 33 (of 79)

Rank in course/Men: 28 (of 65)

Best time in course: 8:58:12

Rank in category: 2(of 7)

Best time in the category: 11:00:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking			
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men
Nasse Wiese	19.50	2:09:18	6:37	1	-	22	30:33	19.50	2:09:18	6:37	2		61	2:46
Kühude	20.50	2:22:05	6:55	5	15:37	40	37:42	40.00	4:31:23	6:47	2	12:43	61	4:32
Rhein-Weser-Tur	17.00	2:00:09	7:04	4	10:38	33	34:14	57.00	6:31:32	6:52	2	23:21	61	
Kühude	17.00	2:07:03	7:28	3	13:36	31	35:48	74.00	8:38:35	7:00	2	36:57	61	
Nasse Wiese	20.50	2:49:09	8:15	4	26:15	26	43:26	94.50	11:27:44	7:16	2	1:03:12	61	
Finish	6.50	37:56	5:50	2	1:50	18	7:01	101.00	12:05:40	7:11	2	1:05:02	28	3:07:28