



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

Detailed evaluation

Lempkien, Uwe

Club: Homberger TV
Number: 3109

Course: 101.00 km
101 km Lauf

Category:
Senioren M50

Total time: 13:50:33

Speed: 7.30 km/h
Running performance: 8:13 min/km

Rank in course/Total: 71 (of 79)

Rank in course/Men: 59 (of 65)

Best time in course: 8:58:12

Rank in category: 19(of 20)

Best time in the category: 10:50:13

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos | | Behind | | Total km | Total Time | Total min/km | Pos | | Behind | |
|-----------------|-------------|---------------|-----------------|------|-------|--------|---------|-------------|---------------|-----------------|------|---------|--------|---------|
| | | | | Cat. | Men | Cat. | Men | | | | Cat. | Men | Cat. | Men |
| Nasse Wiese | 19.50 | 2:22:09 | 7:17 | 13 | 29:02 | 46 | 43:24 | 19.50 | 2:22:09 | 7:17 | 3 | 1:31 | 27 | 15:37 |
| Kühude | 20.50 | 2:25:50 | 7:06 | 17 | 25:04 | 50 | 41:27 | 40.00 | 4:47:59 | 7:11 | 3 | 8:17 | 27 | 21:08 |
| Rhein-Weser-Tur | 17.00 | 2:11:25 | 7:43 | 17 | 25:44 | 53 | 45:30 | 57.00 | 6:59:24 | 7:21 | 3 | 19:57 | 27 | 25:14 |
| Kühude | 17.00 | 2:43:04 | 9:35 | 20 | 57:53 | 65 | 1:11:49 | 74.00 | 9:42:28 | 7:52 | 3 | 57:19 | 27 | 53:35 |
| Nasse Wiese | 20.50 | 3:11:54 | 9:21 | 18 | 43:51 | 59 | 1:06:11 | 94.50 | 12:54:22 | 8:11 | 3 | 1:00:34 | 27 | 1:01:19 |
| Finish | 6.50 | 56:11 | 8:38 | 20 | 25:16 | 61 | 25:16 | 101.00 | 13:50:33 | 8:13 | 19 | 3:00:20 | 59 | 4:52:21 |