



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