



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Lempken, Uwe

Club: Homberger TV

Number: 350

Course: 101.00 km

101 km Lauf

Category:

Senioren M50

Total time: 14:04:22

Speed: 7.18 km/h

Running performance: 8:22 min/km

Rank in course/Total: 78 (of 98)

Rank in course/Men: 65 (of 84)

Best time in course: 8:25:02

Rank in category: 17(of 22)

Best time in the category: 9:37:03

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	2:27:21	7:33	16	38:05	67	57:56	19.50	2:27:21	7:33	7			40	
Kühude	20.50	2:27:27	7:11	11	34:24	49	51:48	40.00	4:54:48	7:22	7			40	
Rhein-Weser-Tur	17.00	2:17:11	8:04	17	43:39	59	1:04:26	57.00	7:11:59	7:34	7			40	
Kühude	17.00	2:54:36	10:16	22	1:16:09	82	1:27:25	74.00	10:06:35	8:11	7	26:45		40	26:45
Nasse Wiese	20.50	3:09:02	9:13	14	1:00:46	56	1:14:03	94.50	13:15:37	8:25	7	37:51		39	37:51
Finish	6.50	48:45	7:30	13	14:16	47	20:28	101.00	14:04:22	8:21	17	4:27:19		65	5:39:20