



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

Detailed evaluation

Lipsky, Manfred

Club: Tusem Essen  
Number: 3006

Course: 101.00 km  
101 km Lauf

Category:  
Senioren M40

Total time: 9:49:17

Speed: 10.28 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 5 (of 79)

Rank in course/Men: 4 (of 65)

Best time in course: 8:58:12

Rank in category: 3(of 8)

Best time in the category: 8:58:12

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	1:43:29	5:18	2	4:44	3	4:44	19.50	1:43:29	5:18	3	4:44	37	
Kühude	20.50	1:44:54	5:07	2	0:31	3	0:31	40.00	3:28:23	5:12	3	5:15	37	
Rhein-Weser-Tur	17.00	1:35:06	5:35	2	9:11	3	9:11	57.00	5:03:29	5:19	3	14:26	37	
Kühude	17.00	1:44:46	6:09	4	13:31	7	13:31	74.00	6:48:15	5:31	3	27:57	37	
Nasse Wiese	20.50	2:28:44	7:15	4	23:01	10	23:01	94.50	9:16:59	5:53	3	50:58	37	
Finish	6.50	32:18	4:58	2	0:07	4	1:23	101.00	9:49:17	5:50	3	51:05	4	51:05