



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Lüken, Guido**

Club: Lauffreunde Emsland

Number: 850

Course: 21.00 km

21 km Lauf

Category:

Männer M35

Total time: 2:35:54

Speed: 8.08 km/h

Running performance: 7:25 min/km

Rank in course/Total: 39 (of 42)

Rank in course/Men: 32 (of 34)

Best time in course: 1:40:28

Rank in category: 5(of 5)

Best time in the category: 1:51:50