



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Kröger, Markus**

Club: Bergkamen

Number: 839

Course: 21.00 km

21 km Lauf

Category:

Männer M40

Total time: 2:38:02

Speed: 7.97 km/h

Running performance: 7:32 min/km

Rank in course/Total: 40 (of 42)

Rank in course/Men: 33 (of 34)

Best time in course: 1:40:28

Rank in category: 8(of 8)

Best time in the category: 1:40:28