



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Hochstein, Siegfried

Club: VFL Fleckenberg

Number: 879

Course: 13.00 km

13 km Lauf

Category:

Männer M40

Total time: 59:45

Speed: 13.05 km/h

Running performance: 4:36 min/km

Rank in course/Total: 3 (of 40)

Rank in course/Men: 3 (of 32)

Best time in course: 57:24

Rank in category: 1(of 7)

Best time in the category: 59:45