



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Theine, Stefan

Club: SC Siedlinghausen

Number: 904

Course: 13.00 km

13 km Lauf

Category:

Männer M40

Total time: 1:01:08

Speed: 12.76 km/h

Running performance: 4:42 min/km

Rank in course/Total: 5 (of 40)

Rank in course/Men: 5 (of 32)

Best time in course: 57:24

Rank in category: 3(of 7)

Best time in the category: 59:45