



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Ruland, Tillmann

Club: LAC Veltins Hochsauerland

Number: 903

Course: 13.00 km

13 km Lauf

Category:

Männer M20

Total time: 1:01:13

Speed: 12.74 km/h

Running performance: 4:43 min/km

Rank in course/Total: 6 (of 40)

Rank in course/Men: 6 (of 32)

Best time in course: 57:24

Rank in category: 2(of 8)

Best time in the category: 57:24