



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Kubas, Thorsten**

Club: TSV 1863 Herdecke

Number: 890

Course: 13.00 km

13 km Lauf

Category:

Männer M45

Total time: 1:02:05

Speed: 12.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 7 (of 40)

Rank in course/Men: 7 (of 32)

Best time in course: 57:24

Rank in category: 1(of 6)

Best time in the category: 1:02:05