



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Brüggemann, Matteo**

Club: LAC Veltins Hochsauerland

Number: 886

Course: 13.00 km

13 km Lauf

Category:

Männer M20

Total time: 1:03:10

Speed: 12.35 km/h

Running performance: 4:52 min/km

Rank in course/Total: 9 (of 40)

Rank in course/Men: 9 (of 32)

Best time in course: 57:24

Rank in category: 3(of 8)

Best time in the category: 57:24