



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Mitzscherling, Rolf

Club: TV Herdringen

Number: 896

Course: 13.00 km

13 km Lauf

Category:

Männer M45

Total time: 1:08:15

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 13 (of 40)

Rank in course/Men: 13 (of 32)

Best time in course: 57:24

Rank in category: 4(of 6)

Best time in the category: 1:02:05