



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Koch, Michael

Club: LG Mülheim/Möhne

Number: 865

Course: 13.00 km

13 km Lauf

Category:

Männer M45

Total time: 1:12:40

Speed: 10.73 km/h

Running performance: 5:35 min/km

Rank in course/Total: 17 (of 40)

Rank in course/Men: 16 (of 32)

Best time in course: 57:24

Rank in category: 5(of 6)

Best time in the category: 1:02:05