



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Sievers, Manfred

Club: TSV 1863 Herdecke

Number: 888

Course: 13.00 km

13 km Lauf

Category:

Männer M50

Total time: 1:19:44

Speed: 9.78 km/h

Running performance: 6:08 min/km

Rank in course/Total: 25 (of 40)

Rank in course/Men: 22 (of 32)

Best time in course: 57:24

Rank in category: 3(of 5)

Best time in the category: 1:11:34