



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Nowaczyk, Jürgen**

Club: Recklinghausen

Number: 902

Course: 13.00 km

13 km Lauf

Category:

Männer M40

Total time: 1:20:19

Speed: 9.71 km/h

Running performance: 6:11 min/km

Rank in course/Total: 27 (of 40)

Rank in course/Men: 23 (of 32)

Best time in course: 57:24

Rank in category: 6(of 7)

Best time in the category: 59:45