



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

### Sternberg, Ludger

Club: Schmalleberg Gleidorf

Number: 881

Course: 13.00 km

13 km Lauf

Category:

Männer M20

Total time: 1:25:23

Speed: 9.14 km/h

Running performance: 6:34 min/km

Rank in course/Total: 28 (of 40)

Rank in course/Men: 24 (of 32)

Best time in course: 57:24

Rank in category: 5(of 8)

Best time in the category: 57:24