



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Aufderheide, Horst-Michael**

Club: LT Laufmasche

Number: 878

Course: 13.00 km

13 km Lauf

Category:

Männer M50

Total time: 1:27:47

Speed: 8.89 km/h

Running performance: 6:45 min/km

Rank in course/Total: 29 (of 40)

Rank in course/Men: 25 (of 32)

Best time in course: 57:24

Rank in category: 4(of 5)

Best time in the category: 1:11:34