



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Quitschorek, Martin

Club: LAC Veltins Hochsauerland

Number: 862

Course: 13.00 km

13 km Lauf

Category:

Männer M40

Total time: 1:28:04

Speed: 8.86 km/h

Running performance: 6:46 min/km

Rank in course/Total: 30 (of 40)

Rank in course/Men: 26 (of 32)

Best time in course: 57:24

Rank in category: 7(of 7)

Best time in the category: 59:45