



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

## Detailed evaluation

**Gördes, Pablo**

Club: TSV 1863 Herdecke

Number: 894

Course: 13.00 km

13 km Lauf

Category:

Männer M20

Total time: 1:29:27

Speed: 8.72 km/h

Running performance: 6:53 min/km

Rank in course/Total: 33 (of 40)

Rank in course/Men: 28 (of 32)

Best time in course: 57:24

Rank in category: 6(of 8)

Best time in the category: 57:24