



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Degener, Fred

Club: Laufclub Wienbrück

Number: 488

Course: 13.00 km

13 km Lauf

Category:

Männer M20

Total time: 1:32:32

Speed: 8.43 km/h

Running performance: 7:07 min/km

Rank in course/Total: 36 (of 40)

Rank in course/Men: 30 (of 32)

Best time in course: 57:24

Rank in category: 8(of 8)

Best time in the category: 57:24