



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Vollmer, Christof

Club: Bonn

Number: 829

Course: 21.00 km

21 km Lauf

Category:

Männer M45

Total time: 1:46:13

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 4 (of 42)

Rank in course/Men: 4 (of 34)

Best time in course: 1:40:28

Rank in category: 2(of 8)

Best time in the category: 1:40:48