



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Schmidt, Christof

Club: BC Eslohe

Number: 825

Course: 21.00 km

21 km Lauf

Category:

Männer M30

Total time: 1:47:27

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 5 (of 42)

Rank in course/Men: 5 (of 34)

Best time in course: 1:40:28

Rank in category: 2(of 4)

Best time in the category: 1:44:09