



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Biermann, Thomas

Club: TSV 1863 Herdecke

Number: 837

Course: 21.00 km

21 km Lauf

Category:

Männer M45

Total time: 1:51:15

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 7 (of 42)

Rank in course/Men: 7 (of 34)

Best time in course: 1:40:28

Rank in category: 4(of 8)

Best time in the category: 1:40:48