



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Gießler, Wolfram

Club: Wuppertal

Number: 820

Course: 21.00 km

21 km Lauf

Category:

Männer M50

Total time: 1:51:44

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 8 (of 42)

Rank in course/Men: 8 (of 34)

Best time in course: 1:40:28

Rank in category: 1(of 5)

Best time in the category: 1:51:44