



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Liersch, Ulrich

Club: LAC Veltins Hochsauerland

Number: 842

Course: 21.00 km

21 km Lauf

Category:

Männer M40

Total time: 1:56:19

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 12 (of 42)

Rank in course/Men: 12 (of 34)

Best time in course: 1:40:28

Rank in category: 2(of 8)

Best time in the category: 1:40:28