



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Ahlert-de Graat, Jörg

Club: TSV 1863 Herdecke

Number: 836

Course: 21.00 km

21 km Lauf

Category:

Männer M45

Total time: 1:56:31

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 13 (of 42)

Rank in course/Men: 13 (of 34)

Best time in course: 1:40:28

Rank in category: 6(of 8)

Best time in the category: 1:40:48