



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Kokowski, Wolf

Club: TSV 1863 Herdecke

Number: 835

Course: 21.00 km

21 km Lauf

Category:

Männer M50

Total time: 1:58:32

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course/Total: 15 (of 42)

Rank in course/Men: 15 (of 34)

Best time in course: 1:40:28

Rank in category: 2(of 5)

Best time in the category: 1:51:44