



## Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

### Detailed evaluation

**Sons, Stefan**

Club: Velbert

Number: 821

Course: 21.00 km

21 km Lauf

Category:

Männer M40

Total time: 2:01:29

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 16 (of 42)

Rank in course/Men: 16 (of 34)

Best time in course: 1:40:28

Rank in category: 3(of 8)

Best time in the category: 1:40:28