



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Pape, Martin

Club: Rot-Weiß Titmaringhausen

Number: 834

Course: 21.00 km

21 km Lauf

Category:

Männer M45

Total time: 2:03:47

Speed: 10.18 km/h

Running performance: 5:53 min/km

Rank in course/Total: 21 (of 42)

Rank in course/Men: 21 (of 34)

Best time in course: 1:40:28

Rank in category: 8(of 8)

Best time in the category: 1:40:48