



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Sternberg, Armin

Club: Schmalleberg Gleidorf

Number: 830

Course: 21.00 km

21 km Lauf

Category:

Männer M30

Total time: 2:04:06

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 22 (of 42)

Rank in course/Men: 22 (of 34)

Best time in course: 1:40:28

Rank in category: 3(of 4)

Best time in the category: 1:44:09