



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

Lorca Diez, Isaac

Club: Bremen  
Number: 719

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M35

Total time: 1:53:10

Speed: 11.13 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 4 (of 56)

Rank in course/Men: 4 (of 40)

Best time in course: 1:30:47

Rank in category: 3(of 5)

Best time in the category: 1:30:47