



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

**Biermann, Thomas**

Club: TSV 1863 Herdecke  
Number: 744

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M50

Total time: 1:57:09

Speed: 10.76 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 8 (of 56)

Rank in course/Men: 8 (of 40)

Best time in course: 1:30:47

Rank in category: 2(of 14)

Best time in the category: 1:54:13