



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

**Kontny, Thomas**

Club: TSV Herdecke 1863  
Number: 745

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M45

Total time: 2:00:55

Speed: 10.42 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 13 (of 56)

Rank in course/Men: 13 (of 40)

Best time in course: 1:30:47

Rank in category: 3(of 5)

Best time in the category: 1:54:39