



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Schilling-Frenk, Tiemo

Club: Rhede
Number: 730

Course: 21.00 km
21 km Lauf

Category:
Senioren M40

Total time: 2:01:00

Speed: 10.41 km/h
Running performance: 5:46 min/km

Rank in course/Total: 14 (of 56)

Rank in course/Men: 14 (of 40)

Best time in course: 1:30:47

Rank in category: 2(of 7)

Best time in the category: 1:58:13