



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Krokowski, Rolf

Club: TSV Herdecke 1863
Number: 746

Course: 21.00 km
21 km Lauf

Category:
Senioren M50

Total time: 2:06:10

Speed: 9.99 km/h
Running performance: 6:01 min/km

Rank in course/Total: 18 (of 56)

Rank in course/Men: 16 (of 40)

Best time in course: 1:30:47

Rank in category: 4(of 14)

Best time in the category: 1:54:13