



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Rademacher, Frank

Club: Elektro Bongard
Number: 756

Course: 21.00 km
21 km Lauf

Category:
Senioren M40

Total time: 2:14:02

Speed: 9.40 km/h
Running performance: 6:23 min/km

Rank in course/Total: 24 (of 56)

Rank in course/Men: 20 (of 40)

Best time in course: 1:30:47

Rank in category: 4(of 7)

Best time in the category: 1:58:13