



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

### Schwingenheuer, Wolfgang

Club: Arnsberg  
Number: 743

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M40

Total time: 2:14:08

Speed: 9.39 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 26 (of 56)

Rank in course/Men: 22 (of 40)

Best time in course: 1:30:47

Rank in category: 5(of 7)

Best time in the category: 1:58:13