



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

Detailed evaluation

Pape, Martin

Club: Rot-Weiß Titmaringhausen  
Number: 748

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M45

Total time: 2:16:54

Speed: 9.20 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 30 (of 56)

Rank in course/Men: 25 (of 40)

Best time in course: 1:30:47

Rank in category: 4(of 5)

Best time in the category: 1:54:39