



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Jongejan, Marc

Club: AV Nop
Number: 739

Course: 21.00 km
21 km Lauf

Category:
Senioren M50

Total time: 2:17:35

Speed: 9.16 km/h
Running performance: 6:33 min/km

Rank in course/Total: 31 (of 56)

Rank in course/Men: 26 (of 40)

Best time in course: 1:30:47

Rank in category: 7(of 14)

Best time in the category: 1:54:13