



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Blöink, Frank

Club: Lennestadt
Number: 704

Course: 21.00 km
21 km Lauf

Category:
Senioren M30

Total time: 2:31:47

Speed: 8.30 km/h
Running performance: 7:14 min/km

Rank in course/Total: 40 (of 56)

Rank in course/Men: 31 (of 40)

Best time in course: 1:30:47

Rank in category: 3(of 3)

Best time in the category: 1:51:09