



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

Detailed evaluation

Lemke, Thomas

Club: Segel Club Münster  
Number: 741

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M50

Total time: 2:40:42

Speed: 7.84 km/h  
Running performance: 7:39 min/km

Rank in course/Total: 46 (of 56)

Rank in course/Men: 35 (of 40)

Best time in course: 1:30:47

Rank in category: 11(of 14)

Best time in the category: 1:54:13