



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Krokowski, Simon

Club: TSV Herdecke 1863

Number: 47

Course: 13.00 km

13 km Lauf

Category:

Männer

Total time: 1:03:18

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 6 (of 65)

Rank in course/Men: 6 (of 49)

Best time in course: 58:52

Rank in category: 3(of 5)

Best time in the category: 1:00:03