



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Griesbaum, Norbert

Club: LT Brechten Dortmund
Number: 7

Course: 13.00 km
13 km Lauf

Category:
Senioren M55

Total time: 1:05:42

Speed: 11.87 km/h
Running performance: 5:03 min/km

Rank in course/Total: 11 (of 65)

Rank in course/Men: 11 (of 49)

Best time in course: 58:52

Rank in category: 1(of 5)

Best time in the category: 1:05:42