



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