



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

Detailed evaluation

Ahlert-de Graat, Jörg

Club: TSV 1863 Herdecke

Number: 41

Course: 13.00 km

13 km Lauf

Category:

Senioren M45

Total time: 1:09:29

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 16 (of 65)

Rank in course/Men: 16 (of 49)

Best time in course: 58:52

Rank in category: 5(of 8)

Best time in the category: 58:52