



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Rickert, Bernhard

Club: LAC Veltins

Number: 53

Course: 13.00 km

13 km Lauf

Category:

Senioren M60

Total time: 1:09:33

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 17 (of 65)

Rank in course/Men: 17 (of 49)

Best time in course: 58:52

Rank in category: 1(of 3)

Best time in the category: 1:09:33