



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

Detailed evaluation

Kranz, Ingomar

Club: Dumm gelaufen

Number: 22

Course: 13.00 km

13 km Lauf

Category:

Senioren M40

Total time: 1:10:48

Speed: 11.02 km/h

Running performance: 5:27 min/km

Rank in course/Total: 18 (of 65)

Rank in course/Men: 18 (of 49)

Best time in course: 58:52

Rank in category: 2(of 6)

Best time in the category: 1:03:02