



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

**Tigges, Markus**

Club: Schmallerberg  
Number: 20

Course: 13.00 km  
13 km Lauf

Category:  
Senioren M30

Total time: 1:10:53

Speed: 11.00 km/h  
Running performance: 5:27 min/km

Rank in course/Total: 19 (of 65)

Rank in course/Men: 19 (of 49)

Best time in course: 58:52

Rank in category: 1(of 3)

Best time in the category: 1:10:53