



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

**Mitzscherling, Rolf**

Club: LAC Veltins  
Number: 59

Course: 13.00 km  
13 km Lauf

Category:  
Senioren M50

Total time: 1:10:59

Speed: 10.99 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 20 (of 65)

Rank in course/Men: 20 (of 49)

Best time in course: 58:52

Rank in category: 6(of 14)

Best time in the category: 1:04:58