



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

**Menke, Matthias**

Club: VfL Fleckenberg  
Number: 14

Course: 13.00 km  
13 km Lauf

Category:  
Senioren M50

Total time: 1:11:28

Speed: 10.91 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 22 (of 65)

Rank in course/Men: 22 (of 49)

Best time in course: 58:52

Rank in category: 8(of 14)

Best time in the category: 1:04:58