



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Meiering, Carsten

Club: TSV Herdecke 1863

Number: 38

Course: 13.00 km

13 km Lauf

Category:

Senioren M40

Total time: 1:14:42

Speed: 10.44 km/h

Running performance: 5:45 min/km

Rank in course/Total: 25 (of 65)

Rank in course/Men: 25 (of 49)

Best time in course: 58:52

Rank in category: 3(of 6)

Best time in the category: 1:03:02