



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Frenzel, Jan

Club: Iserlohn
Number: 5

Course: 13.00 km
13 km Lauf

Category:
Senioren M35

Total time: 1:16:04

Speed: 10.25 km/h
Running performance: 5:51 min/km

Rank in course/Total: 27 (of 65)

Rank in course/Men: 27 (of 49)

Best time in course: 58:52

Rank in category: 3(of 4)

Best time in the category: 1:05:41