



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Blume, Dietmar

Club: LAC Veltins

Number: 56

Course: 13.00 km

13 km Lauf

Category:

Senioren M40

Total time: 1:16:24

Speed: 10.21 km/h

Running performance: 5:53 min/km

Rank in course/Total: 28 (of 65)

Rank in course/Men: 28 (of 49)

Best time in course: 58:52

Rank in category: 4(of 6)

Best time in the category: 1:03:02