



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

**Föster, Michael**

Club: TV Schmalleberg  
Number: 36

Course: 13.00 km  
13 km Lauf

Category:  
Senioren M40

Total time: 1:16:56

Speed: 10.14 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 32 (of 65)

Rank in course/Men: 31 (of 49)

Best time in course: 58:52

Rank in category: 6(of 6)

Best time in the category: 1:03:02