



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Koch, Michael

Club: LG Mülheim/Möhne
Number: 11

Course: 13.00 km
13 km Lauf

Category:
Senioren M45

Total time: 1:18:33

Speed: 9.93 km/h
Running performance: 6:02 min/km

Rank in course/Total: 34 (of 65)

Rank in course/Men: 33 (of 49)

Best time in course: 58:52

Rank in category: 7(of 8)

Best time in the category: 58:52