



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

Hilje, Michael

Club: TUS Uentrop  
Number: 34

Course: 13.00 km  
13 km Lauf

Category:  
Senioren M55

Total time: 1:18:39

Speed: 9.92 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 35 (of 65)

Rank in course/Men: 34 (of 49)

Best time in course: 58:52

Rank in category: 3(of 5)

Best time in the category: 1:05:42