



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Gördes, Klaus-Dieter

Club: TSV Herdecke 1863

Number: 44

Course: 13.00 km

13 km Lauf

Category:

Senioren M55

Total time: 1:21:43

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 41 (of 65)

Rank in course/Men: 38 (of 49)

Best time in course: 58:52

Rank in category: 4(of 5)

Best time in the category: 1:05:42