



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Sievers, Manfred

Club: TSV 1863 Herdecke
Number: 39

Course: 13.00 km
13 km Lauf

Category:
Senioren M50

Total time: 1:21:43

Speed: 9.55 km/h
Running performance: 6:17 min/km

Rank in course/Total: 42 (of 65)

Rank in course/Men: 38 (of 49)

Best time in course: 58:52

Rank in category: 12(of 14)

Best time in the category: 1:04:58