



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Aufderheide, Horst-Michael

Club: TV Schmallingenberg
Number: 2

Course: 13.00 km
13 km Lauf

Category:
Senioren M50

Total time: 1:24:01

Speed: 9.28 km/h
Running performance: 6:28 min/km

Rank in course/Total: 43 (of 65)

Rank in course/Men: 40 (of 49)

Best time in course: 58:52

Rank in category: 13(of 14)

Best time in the category: 1:04:58