



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Heimes, Michael

Club: SK Winterberg

Number: 31

Course: 13.00 km

13 km Lauf

Category:

Senioren M30

Total time: 1:27:38

Speed: 8.90 km/h

Running performance: 6:44 min/km

Rank in course/Total: 45 (of 65)

Rank in course/Men: 41 (of 49)

Best time in course: 58:52

Rank in category: 2(of 3)

Best time in the category: 1:10:53