



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Paleit, Christof

Club: TSV Herdecke 1863
Number: 46

Course: 13.00 km
13 km Lauf

Category:
Senioren M45

Total time: 1:29:53

Speed: 8.68 km/h
Running performance: 6:55 min/km

Rank in course/Total: 50 (of 65)

Rank in course/Men: 42 (of 49)

Best time in course: 58:52

Rank in category: 8(of 8)

Best time in the category: 58:52