



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

**Hardenack, Frank**

Club: Neuenkleusheim  
Number: 763

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M35

Total time: 1:30:47

Speed: 13.88 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 1 (of 56)

Rank in course/Men: 1 (of 40)

Best time in course: 1:30:47

Rank in category: 1(of 5)

Best time in the category: 1:30:47