



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

**Distelrath, Ulrich**

Club: LAC Veltins TuS Velmeder-Bestwig  
Number: 25

Course: 13.00 km  
13 km Lauf

Category:  
Senioren M60

Total time: 1:47:25

Speed: 7.26 km/h  
Running performance: 8:16 min/km

Rank in course/Total: 63 (of 65)

Rank in course/Men: 49 (of 49)

Best time in course: 58:52

Rank in category: 3(of 3)

Best time in the category: 1:09:33