



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Rauscheid, Frank

Club: sportsfreund Alsdorf
Number: 740

Course: 21.00 km
21 km Lauf

Category:
Senioren M35

Total time: 1:42:41

Speed: 12.27 km/h
Running performance: 4:53 min/km

Rank in course/Total: 2 (of 56)

Rank in course/Men: 2 (of 40)

Best time in course: 1:30:47

Rank in category: 2(of 5)

Best time in the category: 1:30:47