



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch
Bödefeld / 11.05.2013

Detailed evaluation

Frank, Marcel

Club: LAZ Puma Rhein N-Sieg
Number: 2132

Course: 14.00 km
14 km Lauf

Category:
Senioren M35

Total time: 53:45

Speed: 15.63 km/h
Running performance: 3:50 min/km

Rank in course/Total: 1 (of 73)

Rank in course/Men: 1 (of 48)

Best time in course: 53:45

Rank in category: 1(of 9)

Best time in the category: 53:45