



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

Detailed evaluation

Rüther, Janik

Club: Schmallerberg
Number: 2375

Course: 21.00 km
21 km Lauf

Category:
männliche Jugend U20

Total time: 1:56:05

Speed: 10.85 km/h
Running performance: 5:32 min/km

Rank in course/Total: 9 (of 63)

Rank in course/Men: 8 (of 47)

Best time in course: 1:32:40

Rank in category: 1(of 2)

Best time in the category: 1:56:05