



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

Detailed evaluation

Herbort, Peter

Club: TV Beckum

Number: 2425

Course: 21.00 km

21 km Lauf

Category:

Senioren M45

Total time: 1:56:20

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 11 (of 63)

Rank in course/Men: 10 (of 47)

Best time in course: 1:32:40

Rank in category: 2(of 12)

Best time in the category: 1:52:54