



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

Detailed evaluation

Kordes, Karsten

Club: LSF Münster  
Number: 2435

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M30

Total time: 1:56:40

Speed: 10.80 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 12 (of 63)

Rank in course/Men: 11 (of 47)

Best time in course: 1:32:40

Rank in category: 2(of 4)

Best time in the category: 1:44:49