



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

Detailed evaluation

Biermann, Thomas

Club: TsV 1863Herdecke
Number: 2446

Course: 21.00 km
21 km Lauf

Category:
Senioren M50

Total time: 1:59:45

Speed: 10.52 km/h
Running performance: 5:42 min/km

Rank in course/Total: 14 (of 63)

Rank in course/Men: 13 (of 47)

Best time in course: 1:32:40

Rank in category: 3(of 11)

Best time in the category: 1:52:45