



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

Detailed evaluation

Wilmes, Michael

Club: DJK-Bonzel
Number: 2474

Course: 21.00 km
21 km Lauf

Category:
Senioren M40

Total time: 2:00:17

Speed: 10.48 km/h
Running performance: 5:44 min/km

Rank in course/Total: 15 (of 63)

Rank in course/Men: 14 (of 47)

Best time in course: 1:32:40

Rank in category: 2(of 7)

Best time in the category: 1:50:38