



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

Detailed evaluation

Appelhans, Lukas

Club: SC Hagen Wildewiese
Number: 2117

Course: 14.00 km
14 km Lauf

Category:
Männer

Total time: 56:35

Speed: 14.85 km/h
Running performance: 4:02 min/km

Rank in course/Total: 2 (of 73)

Rank in course/Men: 2 (of 48)

Best time in course: 53:45

Rank in category: 1(of 6)

Best time in the category: 56:35