



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

Detailed evaluation

Holtsträter, Ingo

Club: TuS Uentrop
Number: 2442

Course: 21.00 km
21 km Lauf

Category:
Senioren M45

Total time: 2:01:01

Speed: 10.41 km/h
Running performance: 5:46 min/km

Rank in course/Total: 16 (of 63)

Rank in course/Men: 15 (of 47)

Best time in course: 1:32:40

Rank in category: 3(of 12)

Best time in the category: 1:52:54