



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

Detailed evaluation

**Boerfreyn, Harry**

Club: AVNop  
Number: 2386

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M50

Total time: 2:02:06

Speed: 10.32 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 17 (of 63)

Rank in course/Men: 16 (of 47)

Best time in course: 1:32:40

Rank in category: 4(of 11)

Best time in the category: 1:52:45