



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

Detailed evaluation

Glomp, Günter

Club: Sparkasse Dortmund
Number: 2362

Course: 21.00 km
21 km Lauf

Category:
Senioren M50

Total time: 2:03:48

Speed: 10.18 km/h
Running performance: 5:54 min/km

Rank in course/Total: 20 (of 63)

Rank in course/Men: 17 (of 47)

Best time in course: 1:32:40

Rank in category: 5(of 11)

Best time in the category: 1:52:45