



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

Detailed evaluation

Jung, Heiko

Club: CVJM Schüllar
Number: 2436

Course: 21.00 km
21 km Lauf

Category:
Senioren M45

Total time: 2:05:03

Speed: 10.08 km/h
Running performance: 5:57 min/km

Rank in course/Total: 22 (of 63)

Rank in course/Men: 18 (of 47)

Best time in course: 1:32:40

Rank in category: 4(of 12)

Best time in the category: 1:52:54