



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

Detailed evaluation

**Bombren, Jörg**

Club: TSV 1863Herdecke  
Number: 2445

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M45

Total time: 2:07:33

Speed: 9.88 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 23 (of 63)

Rank in course/Men: 19 (of 47)

Best time in course: 1:32:40

Rank in category: 5(of 12)

Best time in the category: 1:52:54