



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

Detailed evaluation

Ahlert de Graat, Jörg

Club: TSV 1863 Herdecke
Number: 2447

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: 24 (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