



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

Detailed evaluation

Norff, Karl

Club: Hottes Fitnessclub  
Number: 2421

Course: 21.00 km  
21 km Lauf

Category:  
Männer

Total time: 2:08:48

Speed: 9.78 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 29 (of 63)

Rank in course/Men: 23 (of 47)

Best time in course: 1:32:40

Rank in category: 1(of 2)

Best time in the category: 2:08:48