



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

Detailed evaluation

Ahlers, Christian

Club: laufen & saufen
Number: 2357

Course: 21.00 km
21 km Lauf

Category:
Senioren M30

Total time: 2:09:03

Speed: 9.76 km/h
Running performance: 6:09 min/km

Rank in course/Total: 30 (of 63)

Rank in course/Men: 25 (of 47)

Best time in course: 1:32:40

Rank in category: 3(of 4)

Best time in the category: 1:44:49