



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

Detailed evaluation

Urban, Frank

Club: Team Raidlight
Number: 2378

Course: 21.00 km
21 km Lauf

Category:
Senioren M45

Total time: 2:09:20

Speed: 9.74 km/h
Running performance: 6:10 min/km

Rank in course/Total: 31 (of 63)

Rank in course/Men: 26 (of 47)

Best time in course: 1:32:40

Rank in category: 8(of 12)

Best time in the category: 1:52:54