



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

Detailed evaluation

Muenker, Konrad

Club: Werl

Number: 2430

Course: 21.00 km

21 km Lauf

Category:

Senioren M40

Total time: 2:10:22

Speed: 9.67 km/h

Running performance: 6:13 min/km

Rank in course/Total: 33 (of 63)

Rank in course/Men: 28 (of 47)

Best time in course: 1:32:40

Rank in category: 3(of 7)

Best time in the category: 1:50:38