



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

Detailed evaluation

Feldkamp, Heinz-Bernd

Club: SPvgg Vreden
Number: 2406

Course: 21.00 km
21 km Lauf

Category:
Senioren M40

Total time: 2:10:50

Speed: 9.63 km/h
Running performance: 6:14 min/km

Rank in course/Total: 34 (of 63)

Rank in course/Men: 29 (of 47)

Best time in course: 1:32:40

Rank in category: 4(of 7)

Best time in the category: 1:50:38