



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

Detailed evaluation

Knappstein, Klaus

Club: Bochum
Number: 2443

Course: 21.00 km
21 km Lauf

Category:
Senioren M50

Total time: 2:14:02

Speed: 9.40 km/h
Running performance: 6:23 min/km

Rank in course/Total: 39 (of 63)

Rank in course/Men: 32 (of 47)

Best time in course: 1:32:40

Rank in category: 7(of 11)

Best time in the category: 1:52:45