



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

Detailed evaluation

Rodehüser, Klaus

Club: Tri-Cops Warstein  
Number: 2423

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M45

Total time: 2:15:50

Speed: 9.28 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 40 (of 63)

Rank in course/Men: 33 (of 47)

Best time in course: 1:32:40

Rank in category: 9(of 12)

Best time in the category: 1:52:54