



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

Detailed evaluation

De Rudder, Tim

Club: Beverwijk

Number: 2360

Course: 21.00 km

21 km Lauf

Category:

Senioren M30

Total time: 2:16:40

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 41 (of 63)

Rank in course/Men: 34 (of 47)

Best time in course: 1:32:40

Rank in category: 4(of 4)

Best time in the category: 1:44:49