



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

Detailed evaluation

Gördes, Dieter

Club: TSV 1863Herdecke  
Number: 2450

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M55

Total time: 2:21:19

Speed: 8.92 km/h  
Running performance: 6:44 min/km

Rank in course/Total: 47 (of 63)

Rank in course/Men: 38 (of 47)

Best time in course: 1:32:40

Rank in category: 4(of 4)

Best time in the category: 2:07:33