



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

Detailed evaluation

Holdingshausen, Sven

Club: :anlauf Marathon-Team 2013  
Number: 2364

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M40

Total time: 2:25:52

Speed: 8.64 km/h  
Running performance: 6:57 min/km

Rank in course/Total: 50 (of 63)

Rank in course/Men: 42 (of 47)

Best time in course: 1:32:40

Rank in category: 6(of 7)

Best time in the category: 1:50:38