



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

Detailed evaluation

Litera, Ralf

Club: Woll Magazin

Number: 2468

Course: 21.00 km

21 km Lauf

Category:

Senioren M45

Total time: 2:31:23

Speed: 8.32 km/h

Running performance: 7:13 min/km

Rank in course/Total: 52 (of 63)

Rank in course/Men: 43 (of 47)

Best time in course: 1:32:40

Rank in category: 12(of 12)

Best time in the category: 1:52:54