



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

Detailed evaluation

Wortmann, Dirk

Club: LAC Veltins Hochsauerland
Number: 2158

Course: 14.00 km
14 km Lauf

Category:
Senioren M45

Total time: 1:04:05

Speed: 13.11 km/h
Running performance: 4:35 min/km

Rank in course/Total: 7 (of 73)

Rank in course/Men: 7 (of 48)

Best time in course: 53:45

Rank in category: 1(of 8)

Best time in the category: 1:04:05