



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

Detailed evaluation

Kröger, Markus

Club: Bergkamen

Number: 2463

Course: 21.00 km

21 km Lauf

Category:

Senioren M40

Total time: 2:37:16

Speed: 8.01 km/h

Running performance: 7:29 min/km

Rank in course/Total: 54 (of 63)

Rank in course/Men: 44 (of 47)

Best time in course: 1:32:40

Rank in category: 7(of 7)

Best time in the category: 1:50:38