



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

Detailed evaluation

König, Klaus

Club: Essen

Number: 2465

Course: 21.00 km

21 km Lauf

Category:

Senioren M50

Total time: 2:43:17

Speed: 7.72 km/h

Running performance: 7:47 min/km

Rank in course/Total: 57 (of 63)

Rank in course/Men: 46 (of 47)

Best time in course: 1:32:40

Rank in category: 10(of 11)

Best time in the category: 1:52:45