



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

Detailed evaluation

Brüggemann, Matteo

Club: LAC Veltins Hochsauerland
Number: 2163

Course: 14.00 km
14 km Lauf

Category:
Männer

Total time: 1:06:38

Speed: 12.61 km/h
Running performance: 4:46 min/km

Rank in course/Total: 8 (of 73)

Rank in course/Men: 8 (of 48)

Best time in course: 53:45

Rank in category: 3(of 6)

Best time in the category: 56:35