



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

Detailed evaluation

Mitzscherling, Rolf

Club: LAC Veltins Hochsauerland
Number: 2150

Course: 14.00 km
14 km Lauf

Category:
Senioren M50

Total time: 1:06:57

Speed: 12.55 km/h
Running performance: 4:47 min/km

Rank in course/Total: 9 (of 73)

Rank in course/Men: 9 (of 48)

Best time in course: 53:45

Rank in category: 2(of 10)

Best time in the category: 1:03:07