



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

Detailed evaluation

Gierse, Holger

Club: TuS Bödefeld
Number: 2049

Course: 14.00 km
14 km Lauf

Category:
Senioren M35

Total time: 1:09:02

Speed: 12.17 km/h
Running performance: 4:56 min/km

Rank in course/Total: 12 (of 73)

Rank in course/Men: 11 (of 48)

Best time in course: 53:45

Rank in category: 3(of 9)

Best time in the category: 53:45