



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

Detailed evaluation

Rickert, Berhard

Club: LAC Veltins Hochsauerland
Number: 2143

Course: 14.00 km
14 km Lauf

Category:
Senioren M60

Total time: 1:09:08

Speed: 12.15 km/h
Running performance: 4:56 min/km

Rank in course/Total: 13 (of 73)

Rank in course/Men: 12 (of 48)

Best time in course: 53:45

Rank in category: 1(of 3)

Best time in the category: 1:09:08