



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

Detailed evaluation

Löwen, Robert

Club: Warstein

Number: 2134

Course: 14.00 km

14 km Lauf

Category:

Senioren M50

Total time: 1:09:23

Speed: 12.11 km/h

Running performance: 4:58 min/km

Rank in course/Total: 14 (of 73)

Rank in course/Men: 13 (of 48)

Best time in course: 53:45

Rank in category: 4(of 10)

Best time in the category: 1:03:07