



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

Detailed evaluation

**Menke, Matthias**

Club: VfL Fleckenberg  
Number: 2149

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M50

Total time: 1:09:32

Speed: 12.08 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 15 (of 73)

Rank in course/Men: 14 (of 48)

Best time in course: 53:45

Rank in category: 5 (of 10)

Best time in the category: 1:03:07