



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