



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

Detailed evaluation

Kranz, Ingomar

Club: Dumm gelaufen  
Number: 2095

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M40

Total time: 1:10:07

Speed: 11.98 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 16 (of 73)

Rank in course/Men: 15 (of 48)

Best time in course: 53:45

Rank in category: 1(of 6)

Best time in the category: 1:10:07