



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

Detailed evaluation

**Roerig, Michael**

Club: LAC Veltins Hochsauerland  
Number: 2129

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M35

Total time: 1:11:34

Speed: 11.74 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 18 (of 73)

Rank in course/Men: 17 (of 48)

Best time in course: 53:45

Rank in category: 5(of 9)

Best time in the category: 53:45