



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

Detailed evaluation

Melchin, Alfred

Club: USC-Bochum

Number: 2160

Course: 14.00 km

14 km Lauf

Category:

Senioren M65

Total time: 1:11:47

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 19 (of 73)

Rank in course/Men: 18 (of 48)

Best time in course: 53:45

Rank in category: 1(of 1)

Best time in the category: 1:11:47