



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

Detailed evaluation

Langner, Ralf

Club: LT Laufmasche
Number: 2052

Course: 14.00 km
14 km Lauf

Category:
Senioren M50

Total time: 1:12:46

Speed: 11.54 km/h
Running performance: 5:12 min/km

Rank in course/Total: 21 (of 73)

Rank in course/Men: 19 (of 48)

Best time in course: 53:45

Rank in category: 6(of 10)

Best time in the category: 1:03:07