



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

Detailed evaluation

Tigges, Markus

Club: TV Schlafsäcke
Number: 2126

Course: 14.00 km
14 km Lauf

Category:
Senioren M30

Total time: 1:14:08

Speed: 11.33 km/h
Running performance: 5:18 min/km

Rank in course/Total: 23 (of 73)

Rank in course/Men: 21 (of 48)

Best time in course: 53:45

Rank in category: 1(of 3)

Best time in the category: 1:14:08