



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

Detailed evaluation

Grausam, Kerstein Erich

Club: Bochum Bergziege

Number: 2110

Course: 14.00 km

14 km Lauf

Category:

Senioren M45

Total time: 1:15:43

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 24 (of 73)

Rank in course/Men: 22 (of 48)

Best time in course: 53:45

Rank in category: 2(of 8)

Best time in the category: 1:04:05