



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

Detailed evaluation

Meyer, Jörg

Club: Lippstadt

Number: 2127

Course: 14.00 km

14 km Lauf

Category:

Senioren M40

Total time: 1:16:29

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 25 (of 73)

Rank in course/Men: 23 (of 48)

Best time in course: 53:45

Rank in category: 2(of 6)

Best time in the category: 1:10:07