



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

Detailed evaluation

Tigges, Benedikt

Club: Schlafsäcke TV
Number: 2119

Course: 14.00 km
14 km Lauf

Category:
Senioren M30

Total time: 1:17:34

Speed: 10.83 km/h
Running performance: 5:32 min/km

Rank in course/Total: 28 (of 73)

Rank in course/Men: 25 (of 48)

Best time in course: 53:45

Rank in category: 2(of 3)

Best time in the category: 1:14:08