



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

Detailed evaluation

Wiemer, Carsten

Club: Holzbein Hamm  
Number: 2060

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M40

Total time: 1:18:18

Speed: 10.73 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 31 (of 73)

Rank in course/Men: 27 (of 48)

Best time in course: 53:45

Rank in category: 3(of 6)

Best time in the category: 1:10:07