



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

Detailed evaluation

Holtsträter, Dirk

Club: TuS Uentrop  
Number: 2144

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M50

Total time: 1:19:16

Speed: 10.60 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 33 (of 73)

Rank in course/Men: 28 (of 48)

Best time in course: 53:45

Rank in category: 7(of 10)

Best time in the category: 1:03:07