



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

Detailed evaluation

Föster, Michael

Club: TV Schmallingenberg
Number: 2136

Course: 14.00 km
14 km Lauf

Category:
Senioren M45

Total time: 1:20:47

Speed: 10.40 km/h
Running performance: 5:46 min/km

Rank in course/Total: 34 (of 73)

Rank in course/Men: 29 (of 48)

Best time in course: 53:45

Rank in category: 5(of 8)

Best time in the category: 1:04:05