



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

Detailed evaluation

Sieners, Manfred

Club: TSV 1863 Herdecke
Number: 2153

Course: 14.00 km
14 km Lauf

Category:
Senioren M55

Total time: 1:24:34

Speed: 9.93 km/h
Running performance: 6:02 min/km

Rank in course/Total: 37 (of 73)

Rank in course/Men: 30 (of 48)

Best time in course: 53:45

Rank in category: 2(of 2)

Best time in the category: 1:03:14