



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

Detailed evaluation

Görler, Hartmut

Club: VfL Fröndenberg
Number: 2050

Course: 14.00 km
14 km Lauf

Category:
Senioren M45

Total time: 1:24:38

Speed: 9.93 km/h
Running performance: 6:03 min/km

Rank in course/Total: 38 (of 73)

Rank in course/Men: 31 (of 48)

Best time in course: 53:45

Rank in category: 6(of 8)

Best time in the category: 1:04:05