



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

Detailed evaluation

Gördes, Thomas

Club: TSV 1863Herdecke  
Number: 2154

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M50

Total time: 1:27:47

Speed: 9.57 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 42 (of 73)

Rank in course/Men: 34 (of 48)

Best time in course: 53:45

Rank in category: 8(of 10)

Best time in the category: 1:03:07