



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

Detailed evaluation

Palett, Christof

Club: TSV 1863Herdecke
Number: 2151

Course: 14.00 km
14 km Lauf

Category:
Senioren M50

Total time: 1:27:48

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

Rank in course/Total: 43 (of 73)

Rank in course/Men: 35 (of 48)

Best time in course: 53:45

Rank in category: 9(of 10)

Best time in the category: 1:03:07