



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

Detailed evaluation

Wierike, Kai

Club: RK-Möhnesee
Number: 2061

Course: 14.00 km
14 km Lauf

Category:
Senioren M35

Total time: 1:31:28

Speed: 9.18 km/h
Running performance: 6:32 min/km

Rank in course/Total: 51 (of 73)

Rank in course/Men: 40 (of 48)

Best time in course: 53:45

Rank in category: 8(of 9)

Best time in the category: 53:45