



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

Detailed evaluation

Knipschild, Bernd

Club: Schmallerberg

Number: 2140

Course: 14.00 km

14 km Lauf

Category:

Senioren M45

Total time: 1:38:50

Speed: 8.50 km/h

Running performance: 7:04 min/km

Rank in course/Total: 61 (of 73)

Rank in course/Men: 42 (of 48)

Best time in course: 53:45

Rank in category: 8(of 8)

Best time in the category: 1:04:05