



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

Detailed evaluation

**Ilarda, Sven**

Club: Sven Lembcke Kickboxcenter  
Number: 2124

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M35

Total time: 1:41:26

Speed: 8.28 km/h  
Running performance: 7:15 min/km

Rank in course/Total: 63 (of 73)

Rank in course/Men: 43 (of 48)

Best time in course: 53:45

Rank in category: 9(of 9)

Best time in the category: 53:45