



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

Detailed evaluation

Krokowski, Simon

Club: TSV 1863 Herdecke
Number: 2156

Course: 14.00 km
14 km Lauf

Category:
Männer

Total time: 1:42:26

Speed: 8.20 km/h

Running performance: 7:19 min/km

Rank in course/Total: 65 (of 73)

Rank in course/Men: 44 (of 48)

Best time in course: 53:45

Rank in category: 5(of 6)

Best time in the category: 56:35