



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

Detailed evaluation

Loer, Ulrich

Club: Lauf Team Unna  
Number: 2054

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M30

Total time: 1:43:25

Speed: 8.12 km/h  
Running performance: 7:23 min/km

Rank in course/Total: 68 (of 73)

Rank in course/Men: 46 (of 48)

Best time in course: 53:45

Rank in category: 3(of 3)

Best time in the category: 1:14:08