



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

Detailed evaluation

Rips, Andre

Club: Geldern  
Number: 2147

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M40

Total time: 1:49:51

Speed: 7.65 km/h  
Running performance: 7:51 min/km

Rank in course/Total: 73 (of 73)

Rank in course/Men: 48 (of 48)

Best time in course: 53:45

Rank in category: 6(of 6)

Best time in the category: 1:10:07