



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

Detailed evaluation

Schierholz, Jörg

Club: SV Siegfried Materborn  
Number: 2377

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M30

Total time: 1:44:49

Speed: 12.02 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 2 (of 63)

Rank in course/Men: 2 (of 47)

Best time in course: 1:32:40

Rank in category: 1(of 4)

Best time in the category: 1:44:49