



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

Detailed evaluation

**Bloch, Marcus**

Club: RWE Starlight Team Essen  
Number: 2358

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M35

Total time: 1:50:04

Speed: 11.45 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 3 (of 63)

Rank in course/Men: 3 (of 47)

Best time in course: 1:32:40

Rank in category: 2(of 3)

Best time in the category: 1:32:40