



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

Detailed evaluation

Kipar, Mirco

Club: SV Gladbeck 13
Number: 2366

Course: 21.00 km
21 km Lauf

Category:
Senioren M40

Total time: 1:50:38

Speed: 11.39 km/h
Running performance: 5:16 min/km

Rank in course/Total: 4 (of 63)

Rank in course/Men: 4 (of 47)

Best time in course: 1:32:40

Rank in category: 1(of 7)

Best time in the category: 1:50:38