



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

Detailed evaluation

Rinke, Gerhard

Club: BVB Bracht  
Number: 2429

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M50

Total time: 1:52:45

Speed: 11.18 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 7 (of 63)

Rank in course/Men: 6 (of 47)

Best time in course: 1:32:40

Rank in category: 1(of 11)

Best time in the category: 1:52:45