



11. Kanonenbahnlauf  
Lengenfeld unterm Stein / 15.06.2013

Detailed evaluation

**Bodewald, Frank**

Club: Reisebüro Ronnys Reisewelt  
Number: 86

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:19:21

Speed: 12.10 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 22 (of 83)

Rank in course/Men: 22 (of 73)

Best time in course: 1:06:14

Rank in category: 2(of 9)

Best time in the category: 1:14:19