



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch
Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Speh, Oliver

Club: Jogmap Ruhr
Number: 1187

Course: 14.00 km
14 km Lauf

Category:
Senioren M50

Total time: 1:42:25

Speed: 8.20 km/h
Running performance: 7:19 min/km

Rank in course/Total: 64 (of 70)

Rank in course/Men: 45 (of 46)

Best time in course: 55:18

Rank in category: 7(of 7)

Best time in the category: 1:09:38