



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

Detailed evaluation

Schierholz, Jörg

Club: SV Siegfried Materborn
Number: 824

Course: 21.00 km
21 km Lauf

Category:
Senioren M30

Total time: 1:44:03

Speed: 12.11 km/h
Running performance: 4:57 min/km

Rank in course/Total: 4 (of 78)

Rank in course/Men: 4 (of 53)

Best time in course: 1:35:31

Rank in category: 1(of 7)

Best time in the category: 1:44:03