



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

Detailed evaluation

Stahl, Sebastian

Club: Jogmap Ruhr
Number: 868

Course: 21.00 km
21 km Lauf

Category:
Senioren M30

Total time: 1:47:21

Speed: 11.74 km/h
Running performance: 5:07 min/km

Rank in course/Total: 6 (of 78)

Rank in course/Men: 5 (of 53)

Best time in course: 1:35:31

Rank in category: 2(of 7)

Best time in the category: 1:44:03