



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

Detailed evaluation

**Simon, Michael**

Club: KT 43 Köln  
Number: 872

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M50

Total time: 1:50:54

Speed: 11.36 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 7 (of 78)

Rank in course/Men: 6 (of 53)

Best time in course: 1:35:31

Rank in category: 1(of 11)

Best time in the category: 1:50:54