



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

Detailed evaluation

**Biermann, Thomas**

Club: TSv 1863 Herdecke  
Number: 895

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M50

Total time: 1:58:41

Speed: 10.62 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 12 (of 78)

Rank in course/Men: 11 (of 53)

Best time in course: 1:35:31

Rank in category: 2(of 11)

Best time in the category: 1:50:54