



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

Detailed evaluation

Albers, George

Club: Tri-Finish Münster
Number: 870

Course: 21.00 km
21 km Lauf

Category:
Senioren M50

Total time: 2:03:04

Speed: 10.24 km/h
Running performance: 5:52 min/km

Rank in course/Total: 13 (of 78)

Rank in course/Men: 12 (of 53)

Best time in course: 1:35:31

Rank in category: 3(of 11)

Best time in the category: 1:50:54