



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

Detailed evaluation

Holtsträter, Ingo

Club: Tus-Üntrop  
Number: 876

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M45

Total time: 2:03:27

Speed: 10.21 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 14 (of 78)

Rank in course/Men: 13 (of 53)

Best time in course: 1:35:31

Rank in category: 3(of 13)

Best time in the category: 1:43:29