



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

Detailed evaluation

Hilmes, Frank

Club: LG Meulenwald-Föhren  
Number: 863

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M45

Total time: 2:04:49

Speed: 10.09 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 17 (of 78)

Rank in course/Men: 16 (of 53)

Best time in course: 1:35:31

Rank in category: 4(of 13)

Best time in the category: 1:43:29