



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

Detailed evaluation

Kontny, Thomas

Club: TSV 1863 Herdecke  
Number: 893

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M45

Total time: 2:09:17

Speed: 9.75 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 21 (of 78)

Rank in course/Men: 20 (of 53)

Best time in course: 1:35:31

Rank in category: 5(of 13)

Best time in the category: 1:43:29