



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

Detailed evaluation

**Belz, Sascha**

Club: :anlauf Siegen

Number: 855

Course: 21.00 km

21 km Lauf

Category:

Senioren M40

Total time: 2:10:30

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 23 (of 78)

Rank in course/Men: 22 (of 53)

Best time in course: 1:35:31

Rank in category: 4(of 9)

Best time in the category: 1:56:59