



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

Detailed evaluation

Lingemann, Thorsten

Club: SGV Niedersorpe
Number: 939

Course: 21.00 km
21 km Lauf

Category:
Senioren M40

Total time: 2:15:49

Speed: 9.28 km/h
Running performance: 6:28 min/km

Rank in course/Total: 32 (of 78)

Rank in course/Men: 29 (of 53)

Best time in course: 1:35:31

Rank in category: 7(of 9)

Best time in the category: 1:56:59