



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

Detailed evaluation

Grausam, Kersten

Club: LGO Bochum  
Number: 875

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M45

Total time: 2:16:09

Speed: 9.25 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 33 (of 78)

Rank in course/Men: 30 (of 53)

Best time in course: 1:35:31

Rank in category: 7(of 13)

Best time in the category: 1:43:29