



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

Detailed evaluation

Pape, Martin

Club: Rot-Weiß Titmaringhausen
Number: 901

Course: 21.00 km
21 km Lauf

Category:
Senioren M45

Total time: 2:17:59

Speed: 9.13 km/h
Running performance: 6:34 min/km

Rank in course/Total: 40 (of 78)

Rank in course/Men: 35 (of 53)

Best time in course: 1:35:31

Rank in category: 9(of 13)

Best time in the category: 1:43:29