



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

Detailed evaluation

Zaydowicz, Nikolai

Club: :anlauf Siegen
Number: 854

Course: 21.00 km
21 km Lauf

Category:
Senioren M35

Total time: 2:21:41

Speed: 8.89 km/h
Running performance: 6:45 min/km

Rank in course/Total: 43 (of 78)

Rank in course/Men: 36 (of 53)

Best time in course: 1:35:31

Rank in category: 4(of 5)

Best time in the category: 2:07:11