



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

Detailed evaluation

Besting, Ulrich

Club: androGym  
Number: 794

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M55

Total time: 2:22:23

Speed: 8.85 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 44 (of 78)

Rank in course/Men: 37 (of 53)

Best time in course: 1:35:31

Rank in category: 2(of 4)

Best time in the category: 2:04:23