



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

Detailed evaluation

Mayer-rindel, Lutz

Club: LAC veltins TV Arnsberg
Number: 889

Course: 21.00 km
21 km Lauf

Category:
Senioren M50

Total time: 2:27:20

Speed: 8.55 km/h
Running performance: 7:01 min/km

Rank in course/Total: 50 (of 78)

Rank in course/Men: 41 (of 53)

Best time in course: 1:35:31

Rank in category: 8(of 11)

Best time in the category: 1:50:54