



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

Detailed evaluation

Freisen, Christian

Club: Meschede

Number: 881

Course: 21.00 km

21 km Lauf

Category:

Senioren M35

Total time: 2:28:31

Speed: 8.48 km/h

Running performance: 7:04 min/km

Rank in course/Total: 52 (of 78)

Rank in course/Men: 42 (of 53)

Best time in course: 1:35:31

Rank in category: 5(of 5)

Best time in the category: 2:07:11