



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

Detailed evaluation

**Blöink, Frank**

Club: Lennestadt  
Number: 795

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M30

Total time: 2:28:32

Speed: 8.48 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 54 (of 78)

Rank in course/Men: 43 (of 53)

Best time in course: 1:35:31

Rank in category: 7(of 7)

Best time in the category: 1:44:03