



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

Detailed evaluation

**Mevenkamp, Stephan**

Club: LAC Veltins HSU  
Number: 890

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M45

Total time: 2:29:08

Speed: 8.45 km/h  
Running performance: 7:06 min/km

Rank in course/Total: 57 (of 78)

Rank in course/Men: 46 (of 53)

Best time in course: 1:35:31

Rank in category: 12(of 13)

Best time in the category: 1:43:29