



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

Detailed evaluation

Sievers, Manfred

Club: TSV 1863 Herdecke
Number: 892

Course: 21.00 km
21 km Lauf

Category:
Senioren M55

Total time: 2:33:44

Speed: 8.20 km/h
Running performance: 7:19 min/km

Rank in course/Total: 63 (of 78)

Rank in course/Men: 47 (of 53)

Best time in course: 1:35:31

Rank in category: 3(of 4)

Best time in the category: 2:04:23