



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

Detailed evaluation

Hellwig, Martin

Club: SUS Oberaden
Number: 805

Course: 21.00 km
21 km Lauf

Category:
Senioren M50

Total time: 2:55:32

Speed: 7.18 km/h
Running performance: 8:22 min/km

Rank in course/Total: 76 (of 78)

Rank in course/Men: 52 (of 53)

Best time in course: 1:35:31

Rank in category: 11(of 11)

Best time in the category: 1:50:54