



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

Detailed evaluation

Appelhons, Lukas

Club: SC Hagen-Wildewiese  
Number: 1221

Course: 14.00 km  
14 km Lauf

Category:  
Männer

Total time: 56:14

Speed: 14.94 km/h  
Running performance: 4:01 min/km

Rank in course/Total: 2 (of 70)

Rank in course/Men: 2 (of 46)

Best time in course: 55:18

Rank in category: 2(of 7)

Best time in the category: 55:18