



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

Detailed evaluation

**Bähr, Thomas**

Club: SC Hagen-Wildewiese  
Number: 1224

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M45

Total time: 58:50

Speed: 14.28 km/h  
Running performance: 4:12 min/km

Rank in course/Total: 4 (of 70)

Rank in course/Men: 4 (of 46)

Best time in course: 55:18

Rank in category: 1(of 9)

Best time in the category: 58:50