



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

Detailed evaluation

Theine, Stefan

Club: SC Siedlinghausen

Number: 1248

Course: 14.00 km

14 km Lauf

Category:

Senioren M45

Total time: 1:03:51

Speed: 13.16 km/h

Running performance: 4:34 min/km

Rank in course/Total: 5 (of 70)

Rank in course/Men: 5 (of 46)

Best time in course: 55:18

Rank in category: 2(of 9)

Best time in the category: 58:50