



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

Detailed evaluation

Ebel, Norbert

Club: TV-Flerke

Number: 1122

Course: 14.00 km

14 km Lauf

Category:

Senioren M55

Total time: 1:09:12

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 10 (of 70)

Rank in course/Men: 9 (of 46)

Best time in course: 55:18

Rank in category: 2(of 7)

Best time in the category: 1:05:00