



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

Detailed evaluation

**Braun, Frederik**

Club: Dortmund

Number: 1119

Course: 14.00 km

14 km Lauf

Category:

Männer

Total time: 1:10:12

Speed: 11.97 km/h

Running performance: 5:01 min/km

Rank in course/Total: 12 (of 70)

Rank in course/Men: 11 (of 46)

Best time in course: 55:18

Rank in category: 5(of 7)

Best time in the category: 55:18