



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

Detailed evaluation

**Rickert, Bernhard**

Club: LAC Veltins TV Calle  
Number: 1208

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M60

Total time: 1:10:59

Speed: 11.83 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 14 (of 70)

Rank in course/Men: 12 (of 46)

Best time in course: 55:18

Rank in category: 1(of 5)

Best time in the category: 1:10:59