



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

Detailed evaluation

**Gierse, Holger**

Club: TuS Bödefeld  
Number: 1178

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M35

Total time: 1:12:50

Speed: 11.53 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 15 (of 70)

Rank in course/Men: 13 (of 46)

Best time in course: 55:18

Rank in category: 2(of 5)

Best time in the category: 1:03:57