



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

Detailed evaluation

Niemeier, Joachim

Club: Team Oberhausen
Number: 1134

Course: 14.00 km
14 km Lauf

Category:
Senioren M55

Total time: 1:15:50

Speed: 11.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 21 (of 70)

Rank in course/Men: 19 (of 46)

Best time in course: 55:18

Rank in category: 3(of 7)

Best time in the category: 1:05:00