



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

Detailed evaluation

**Stangohr, Helmut**

Club: LAC Veltins-TV Ostwig  
Number: 1229

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M55

Total time: 1:16:28

Speed: 10.99 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 24 (of 70)

Rank in course/Men: 20 (of 46)

Best time in course: 55:18

Rank in category: 4(of 7)

Best time in the category: 1:05:00