



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

Detailed evaluation

**Auras, Michael**

Club: LT Laufftreff-Schmallenberg  
Number: 1205

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M55

Total time: 1:17:41

Speed: 10.81 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 26 (of 70)

Rank in course/Men: 22 (of 46)

Best time in course: 55:18

Rank in category: 5(of 7)

Best time in the category: 1:05:00