



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

Detailed evaluation

Heimes, Michael

Club: SK Winterberg  
Number: 1202

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M35

Total time: 1:17:42

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

Rank in course/Total: 27 (of 70)

Rank in course/Men: 23 (of 46)

Best time in course: 55:18

Rank in category: 4(of 5)

Best time in the category: 1:03:57