



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

Detailed evaluation

Wiemer, Carsten

Club: Holzbein Hamm  
Number: 1140

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M45

Total time: 1:19:59

Speed: 10.50 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 30 (of 70)

Rank in course/Men: 25 (of 46)

Best time in course: 55:18

Rank in category: 4(of 9)

Best time in the category: 58:50