



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

Detailed evaluation

Aufderheide, Michael

Club: LT Laufmasche Schmalleberg
Number: 1236

Course: 14.00 km
14 km Lauf

Category:
Senioren M55

Total time: 1:22:03

Speed: 10.24 km/h
Running performance: 5:52 min/km

Rank in course/Total: 35 (of 70)

Rank in course/Men: 28 (of 46)

Best time in course: 55:18

Rank in category: 6(of 7)

Best time in the category: 1:05:00