



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

Detailed evaluation

Hilje, Michael

Club: Tus-Üntrop

Number: 1196

Course: 14.00 km

14 km Lauf

Category:

Senioren M55

Total time: 1:22:07

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 36 (of 70)

Rank in course/Men: 29 (of 46)

Best time in course: 55:18

Rank in category: 7(of 7)

Best time in the category: 1:05:00