



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

Detailed evaluation

Holtsträter, Dirk

Club: TuS Uentrop  
Number: 1126

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M50

Total time: 1:22:33

Speed: 10.18 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 38 (of 70)

Rank in course/Men: 31 (of 46)

Best time in course: 55:18

Rank in category: 3(of 7)

Best time in the category: 1:09:38