



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

Detailed evaluation

Gössinger, Ralf

Club: Eslohe
Number: 1190

Course: 14.00 km
14 km Lauf

Category:
Senioren M45

Total time: 1:24:22

Speed: 9.96 km/h
Running performance: 6:02 min/km

Rank in course/Total: 43 (of 70)

Rank in course/Men: 34 (of 46)

Best time in course: 55:18

Rank in category: 6(of 9)

Best time in the category: 58:50