



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

Detailed evaluation

Goncalves, Silvia

Club: LAC-Tura Freienohl  
Number: 1170

Course: 14.00 km  
14 km Lauf

Category:  
Seniorinnen W40

Total time: 1:26:23

Speed: 9.72 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 46 (of 70)  
Rank in course/Women: 12 (of 24)  
Best time in course: 1:05:39

Rank in category: 3(of 4)  
Best time in the category: 1:05:39