



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

Detailed evaluation

**Paleit, Christof**

Club: TSV 1863 Herdecke  
Number: 1218

Course: 14.00 km  
14 km Lauf

Category:  
Senioren M50

Total time: 1:32:17

Speed: 9.10 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 50 (of 70)

Rank in course/Men: 37 (of 46)

Best time in course: 55:18

Rank in category: 4(of 7)

Best time in the category: 1:09:38