



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

Detailed evaluation

Grzul, Dirk

Club: TSV Altena
Number: 1194

Course: 14.00 km
14 km Lauf

Category:
Senioren M45

Total time: 1:33:27

Speed: 8.99 km/h
Running performance: 6:41 min/km

Rank in course/Total: 53 (of 70)

Rank in course/Men: 39 (of 46)

Best time in course: 55:18

Rank in category: 8(of 9)

Best time in the category: 58:50