



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

Detailed evaluation

Orlowski, Carsten

Club: Aqua-Sports Plettenberg  
Number: 819

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M40

Total time: 1:56:59

Speed: 10.77 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 9 (of 78)

Rank in course/Men: 8 (of 53)

Best time in course: 1:35:31

Rank in category: 1(of 9)

Best time in the category: 1:56:59