



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

Detailed evaluation

**Krokowski, Rolf**

Club: TSV 1863 Herdecke  
Number: 897

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M55

Total time: 2:04:23

Speed: 10.13 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 16 (of 78)

Rank in course/Men: 15 (of 53)

Best time in course: 1:35:31

Rank in category: 1(of 4)

Best time in the category: 2:04:23