



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Wolkowski, Karl-Heinz

Club: Tura Remscheid-Süd

Number: 610

Course: 42.00 km

42 km Lauf

Category:

Senioren M60

Total time: 4:46:07

Speed: 8.81 km/h

Running performance: 6:49 min/km

Rank in course/Total: 35 (of 67)

Rank in course/Men: 32 (of 55)

Best time in course: 3:03:07

Rank in category: 2(of 5)

Best time in the category: 4:42:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Nasse Wiese	19.50	2:05:15	6:25	1	-	28	43:28	19.50	2:05:15	6:25	2			5	
Obersorpe	8.00	50:46	6:20	2	1:34	32	16:52	27.50	2:56:01	6:24	2			5	
Finish	14.50	1:50:06	7:35	2	3:57	31	42:40	42.00	4:46:07	6:48	2	3:20		32	1:43:00