



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |         |
|-------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|---------|
|             |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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 |