



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

Detailed evaluation

Krokowski, Simon

Club: TSV 1863 Herdecke
Number: 1226

Course: 14.00 km
14 km Lauf

Category:
Männer

Total time: 1:15:42

Speed: 11.10 km/h
Running performance: 5:25 min/km

Rank in course/Total: 20 (of 70)

Rank in course/Men: 18 (of 46)

Best time in course: 55:18

Rank in category: 6(of 7)

Best time in the category: 55:18