



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

Detailed evaluation

Quitschorek, Stefanie

Club: LAC Veltins Hochsauerland

Number: 863

Course: 13.00 km

13 km Lauf

Category:

Frauen W40

Total time: 1:09:15

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 14 (of 40)

Rank in course/Women: 1 (of 8)

Best time in course: 1:09:15

Rank in category: 1(of 1)

Best time in the category: 1:09:15