



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

Detailed evaluation

Poggel, Laine

Club: Eslohe  
Number: 67

Course: 13.00 km  
13 km Lauf

Category:  
Seniorinnen W50

Total time: 1:25:27

Speed: 9.13 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 44 (of 65)

Rank in course/Women: 4 (of 16)

Best time in course: 1:16:37

Rank in category: 1(of 2)

Best time in the category: 1:25:27