



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

Detailed evaluation

Jongejan, Connie

Club: AV Nop
Number: 26

Course: 13.00 km
13 km Lauf

Category:
Seniorinnen W45

Total time: 1:31:14

Speed: 8.55 km/h
Running performance: 7:01 min/km

Rank in course/Total: 53 (of 65)

Rank in course/Women: 9 (of 16)

Best time in course: 1:16:37

Rank in category: 2(of 4)

Best time in the category: 1:30:28