



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

**Grell, Bernadette**

Club: Bad Fredeburg  
Number: 24

Course: 13.00 km  
13 km Lauf

Category:  
Seniorinnen W45

Total time: 1:34:10

Speed: 8.28 km/h  
Running performance: 7:14 min/km

Rank in course/Total: 54 (of 65)  
Rank in course/Women: 10 (of 16)  
Best time in course: 1:16:37

Rank in category: 3(of 4)  
Best time in the category: 1:30:28