



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch
Bödefeld / 11.05.2013

Detailed evaluation

Rengers, Katja

Club: RWE Starlight Team Essen
Number: 2374

Course: 21.00 km
21 km Lauf

Category:
Seniorinnen W35

Total time: 2:04:23

Speed: 10.13 km/h
Running performance: 5:55 min/km

Rank in course/Total: 21 (of 63)

Rank in course/Women: 4 (of 16)

Best time in course: 1:51:59

Rank in category: 2(of 2)

Best time in the category: 1:51:59