



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

Detailed evaluation

Gnacke, Alexandra

Club: München  
Number: 2399

Course: 21.00 km  
21 km Lauf

Category:  
Seniorinnen W30

Total time: 2:11:00

Speed: 9.62 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 35 (of 63)  
Rank in course/Women: 6 (of 16)  
Best time in course: 1:51:59

Rank in category: 1(of 1)  
Best time in the category: 2:11:00