



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

Detailed evaluation

Michels, Ute

Club: Team Stadt Bochum  
Number: 2410

Course: 21.00 km  
21 km Lauf

Category:  
Seniorinnen W45

Total time: 2:30:14

Speed: 8.39 km/h  
Running performance: 7:09 min/km

Rank in course/Total: 51 (of 63)

Rank in course/Women: 9 (of 16)

Best time in course: 1:51:59

Rank in category: 3(of 5)

Best time in the category: 2:11:33