



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

Detailed evaluation

Evans, Angela

Club: Düsseldorf

Number: 2428

Course: 21.00 km

21 km Lauf

Category:

Seniorinnen W40

Total time: 2:52:58

Speed: 7.28 km/h

Running performance: 8:14 min/km

Rank in course/Total: 59 (of 63)

Rank in course/Women: 12 (of 16)

Best time in course: 1:51:59

Rank in category: 2(of 3)

Best time in the category: 2:43:17