



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

Detailed evaluation

**Braun, Birgit**

Club: Alsdorf  
Number: 2359

Course: 21.00 km  
21 km Lauf

Category:  
Seniorinnen W45

Total time: 3:16:28

Speed: 6.41 km/h  
Running performance: 9:22 min/km

Rank in course/Total: 60 (of 63)  
Rank in course/Women: 13 (of 16)  
Best time in course: 1:51:59

Rank in category: 5(of 5)  
Best time in the category: 2:11:33