



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

Detailed evaluation

Beckmann-döen, Karin

Club: Aachen
Number: 2444

Course: 21.00 km
21 km Lauf

Category:
Seniorinnen W40

Total time: 3:17:35

Speed: 6.38 km/h
Running performance: 9:25 min/km

Rank in course/Total: 61 (of 63)
Rank in course/Women: 14 (of 16)
Best time in course: 1:51:59

Rank in category: 3(of 3)
Best time in the category: 2:43:17