



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

Detailed evaluation

Rickert, Marid

Club: SV Woombern

Number: 2159

Course: 14.00 km

14 km Lauf

Category:

Seniorinnen W55

Total time: 1:16:54

Speed: 10.92 km/h

Running performance: 5:29 min/km

Rank in course/Total: 26 (of 73)

Rank in course/Women: 3 (of 25)

Best time in course: 1:07:25

Rank in category: 1(of 2)

Best time in the category: 1:16:54