



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

Detailed evaluation

Caspers, Ulrike

Club: Dielaufgruppe

Number: 2139

Course: 14.00 km

14 km Lauf

Category:

Seniorinnen W45

Total time: 1:27:26

Speed: 9.61 km/h

Running performance: 6:15 min/km

Rank in course/Total: 41 (of 73)

Rank in course/Women: 8 (of 25)

Best time in course: 1:07:25

Rank in category: 2(of 6)

Best time in the category: 1:23:59