



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

Detailed evaluation

Freund, Angelika

Club: Tus Jahn Soest
Number: 2114

Course: 14.00 km
14 km Lauf

Category:
Seniorinnen W55

Total time: 1:31:26

Speed: 9.19 km/h
Running performance: 6:32 min/km

Rank in course/Total: 50 (of 73)
Rank in course/Women: 11 (of 25)
Best time in course: 1:07:25

Rank in category: 2(of 2)
Best time in the category: 1:16:54