



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

Detailed evaluation

Jongejan, Connie

Club: AV Nop
Number: 2094

Course: 14.00 km
14 km Lauf

Category:
Seniorinnen W50

Total time: 1:31:45

Speed: 9.16 km/h
Running performance: 6:33 min/km

Rank in course/Total: 52 (of 73)
Rank in course/Women: 12 (of 25)
Best time in course: 1:07:25

Rank in category: 1(of 2)
Best time in the category: 1:31:45