



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

Detailed evaluation

Poggel, Liane

Club: Eslohe

Number: 2165

Course: 14.00 km

14 km Lauf

Category:

Seniorinnen W50

Total time: 1:33:37

Speed: 8.97 km/h

Running performance: 6:41 min/km

Rank in course/Total: 56 (of 73)

Rank in course/Women: 15 (of 25)

Best time in course: 1:07:25

Rank in category: 2(of 2)

Best time in the category: 1:31:45