



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

Detailed evaluation

Esser, Claudia

Club: Salzkotten

Number: 2113

Course: 14.00 km

14 km Lauf

Category:

Seniorinnen W40

Total time: 1:37:22

Speed: 8.63 km/h

Running performance: 6:57 min/km

Rank in course/Total: 60 (of 73)

Rank in course/Women: 19 (of 25)

Best time in course: 1:07:25

Rank in category: 4(of 4)

Best time in the category: 1:07:25