



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

Detailed evaluation

**Blum, Sabine**

Club: Central-team.de  
Number: 2103

Course: 14.00 km  
14 km Lauf

Category:  
Seniorinnen W35

Total time: 1:49:25

Speed: 7.68 km/h  
Running performance: 7:49 min/km

Rank in course/Total: 71 (of 73)  
Rank in course/Women: 24 (of 25)  
Best time in course: 1:07:25

Rank in category: 4(of 4)  
Best time in the category: 1:18:58