



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch
Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Laanbroek, Joke

Club: KAV Haarlem
Number: 813

Course: 21.00 km
21 km Lauf

Category:
Seniorinnen W40

Total time: 2:16:30

Speed: 9.23 km/h
Running performance: 6:30 min/km

Rank in course/Total: 35 (of 78)

Rank in course/Women: 5 (of 25)

Best time in course: 1:45:43

Rank in category: 3(of 9)

Best time in the category: 2:14:57