



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

Detailed evaluation

Fürstenau, Karin

Club: :Anlauf Siegen
Number: 800

Course: 21.00 km
21 km Lauf

Category:
Seniorinnen W50

Total time: 2:52:11

Speed: 7.32 km/h
Running performance: 8:12 min/km

Rank in course/Total: 72 (of 78)
Rank in course/Women: 23 (of 25)
Best time in course: 1:45:43

Rank in category: 1(of 1)
Best time in the category: 2:52:11