



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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Schlüter, Eva

□□: 100 Marathon Club

□□: 610

□□: 101.00 km

101 km Lauf

□□□□:

Frauen W40

□□□: 11:52:28

□□: 8.51 km/h

□□□□: 7:03 min/km

□□□□□/□□□□: 25 (of 59)

□□□□□/□: 2 (of 7)

□□□□□□: 11:19:33

□□□□□: 1(of 2)

□□□□□□□: 11:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:10:10	6:40	1	-	1	-	19.50	2:10:10	6:40	1	-	-	2	
Kühude	20.50	2:20:20	6:50	1	-	3	3:55	40.00	4:30:30	6:45	1	-	-	2	3:36
Rhein-Weser-Tur	17.00	1:59:44	7:02	1	-	2	1:05	57.00	6:30:14	6:50	1	-	-	2	4:41
Kühude	17.00	2:07:11	7:28	1	-	2	15:40	74.00	8:37:25	6:59	1	-	-	2	20:21
Nasse Wiese	20.50	2:36:35	7:38	1	-	2	8:55	94.50	11:14:00	7:07	1	-	-	2	29:16
□□	6.50	38:28	5:55	1	-	2	3:39	101.00	11:52:28	7:03	1	-	-	2	32:55