



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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Frenzl, Nicole

□□: Schnauftreff Oberursel

□□: 637

□□: 101.00 km

101 km Lauf

□□□□:

Frauen W35

□□□: 12:54:01

□□: 7.83 km/h

□□□□: 7:40 min/km

□□□□□/□□□: 44 (of 59)

□□□□□/□: 4 (of 7)

□□□□□□: 11:19:33

□□□□□: 1(of 1)

□□□□□□□: 12:54:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:14:53	6:55	1	-	3	4:43	19.50	2:14:53	6:55	1	-	4	4:24	
Kühude	20.50	2:20:08	6:50	1	-	2	3:43	40.00	4:35:01	6:52	1	-	4	8:07	
Rhein-Weser-Tur	17.00	2:10:16	7:39	1	-	5	11:37	57.00	6:45:17	7:06	1	-	4	19:44	
Kühude	17.00	2:13:30	7:51	1	-	4	21:59	74.00	8:58:47	7:16	1	-	4	41:43	
Nasse Wiese	20.50	3:08:01	9:10	1	-	5	40:21	94.50	12:06:48	7:41	1	-	4	1:22:04	
□□	6.50	47:13	7:15	1	-	4	12:24	101.00	12:54:01	7:39	1	-	4	1:34:28	