



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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Jaschky-Sterzenbach, Iris

□□: ASV St. Augustin

□□: 611

□□: 101.00 km

101 km Lauf

□□□□:

Frauen W50

□□□: 13:17:16

□□: 7.60 km/h

□□□□: 7:53 min/km

□□□□□/□□□: 53 (of 59)

□□□□□/□: 6 (of 7)

□□□□□□: 11:19:33

□□□□□: 3(of 3)

□□□□□□□: 11:19:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:21:38	7:15	2	11:09	5	11:28	19.50	2:21:38	7:15	3	11:09	6	11:09	
Kühude	20.50	2:26:05	7:07	2	9:40	4	9:40	40.00	4:47:43	7:11	3	20:49	6	20:49	
Rhein-Weser-Tur	17.00	2:04:21	7:18	2	5:42	3	5:42	57.00	6:52:04	7:13	3	26:31	6	26:31	
Kühude	17.00	2:24:54	8:31	3	33:23	6	33:23	74.00	9:16:58	7:31	3	59:54	6	59:54	
Nasse Wiese	20.50	3:11:25	9:20	3	43:45	6	43:45	94.50	12:28:23	7:55	3	1:43:39	6	1:43:39	
□□	6.50	48:53	7:31	3	14:04	7	14:04	101.00	13:17:16	7:53	3	1:57:43	6	1:57:43	