



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

□□□□

Beidl, Sonja

□□: SC Steinberg

□□: 636

□□: 101.00 km

101 km Lauf

□□□□:

Frauen W40

□□□: 14:15:49

□□: 7.08 km/h

□□□□: 8:28 min/km

□□□□□/□□□: 58 (of 59)

□□□□□/□: 7 (of 7)

□□□□□□: 11:19:33

□□□□□: 2(of 2)

□□□□□□□: 11:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:19:33	7:09	2	9:23	4	9:23	19.50	2:19:33	7:09	2	9:23	7	9:04	
Kühude	20.50	2:33:56	7:30	2	13:36	7	17:31	40.00	4:53:29	7:20	2	22:59	7	26:35	
Rhein-Weser-Tur	17.00	2:24:10	8:28	2	24:26	7	25:31	57.00	7:17:39	7:40	2	47:25	7	52:06	
Kühude	17.00	2:35:57	9:10	2	28:46	7	44:26	74.00	9:53:36	8:01	2	1:16:11	7	1:36:32	
Nasse Wiese	20.50	3:33:45	10:25	2	57:10	7	1:06:05	94.50	13:27:21	8:32	2	2:13:21	7	2:42:37	
□□	6.50	48:28	7:27	2	10:00	6	13:39	101.00	14:15:49	8:28	2	2:23:21	7	2:56:16	