



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

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Pfeifers, Maren

□□: Free Runner Gladbeck
□□: 1772

□□: 67.00 km
67 km Lauf

□□□□:
Seniorinnen W30

□□□: 9:16:45

□□: 7.22 km/h
□□□□: 8:19 min/km

□□□□□/□□□: 105 (of 118)

□□□□□/□: 19 (of 23)

□□□□□□: 5:47:05

□□□□□: 1(of 1)

□□□□□□□: 9:16:45

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:27:16 | 7:33 | 1 | - | 16 | 42:36 | 19.50 | 2:27:16 | 7:33 | 1 | - | 6 | 3:50 | |
| Kühude | 20.50 | 2:46:56 | 8:08 | 1 | - | 19 | 1:01:14 | 40.00 | 5:14:12 | 7:51 | 1 | - | 6 | 25:25 | |
| Nasse Wiese | 20.50 | 3:12:46 | 9:24 | 1 | - | 19 | 1:24:28 | 60.50 | 8:26:58 | 8:22 | 1 | - | 6 | 54:57 | |
| □□ | 6.50 | 49:47 | 7:39 | 1 | - | 19 | 21:22 | 67.00 | 9:16:45 | 8:18 | 1 | - | 19 | 3:29:40 | |