



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Nicklaus, Dagmar

□□: KLB2000

□□: 1352

□□: 67.00 km

67 km DUV-DM

□□□□:

Seniorinnen W50

□□□: 8:41:13

□□: 7.71 km/h

□□□□: 7:47 min/km

□□□□□/□□□: 97 (of 118)

□□□□□/□: 16 (of 23)

□□□□□□: 5:47:05

□□□□□: 3(of 4)

□□□□□□□: 8:11:32

□□□□

□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50    | 2:25:41  | 7:28         | 3       | 2:14    | 15      | 41:01   | 19.50 | 2:25:41   | 7:28          | 3       | 2:13    | 9       | 2:15    |
| Kühude      | 20.50    | 2:34:03  | 7:30         | 3       | 8:45    | 15      | 48:21   | 40.00 | 4:59:44   | 7:29          | 3       | 10:54   | 9       | 10:57   |
| Nasse Wiese | 20.50    | 2:55:23  | 8:33         | 3       | 12:09   | 18      | 1:07:05 | 60.50 | 7:55:07   | 7:51          | 3       | 23:00   | 9       | 23:06   |
| □□          | 6.50     | 46:06    | 7:05         | 3       | 6:41    | 17      | 17:41   | 67.00 | 8:41:13   | 7:46          | 3       | 29:41   | 16      | 2:54:08 |