



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

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Pfeifers, Maren

□□: Free Runner Gladbeck  
□□: 1772

□□: 67.00 km  
67 km DUV-DM

□□□□:  
Frauen

□□□: 9:16:45

□□: 7.22 km/h  
□□□□: 8:19 min/km

□□□□□/□□□: 105 (of 118)

□□□□□/□: 19 (of 23)

□□□□□□: 5:47:05

□□□□□: 2(of 3)

□□□□□□□: 6:46:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:27:16	7:33	2	23:07	16	42:36	19.50	2:27:16	7:33	2	23:07	6	3:50
Kühude	20.50	2:46:56	8:08	2	42:09	19	1:01:14	40.00	5:14:12	7:51	2	1:05:16	6	25:25
Nasse Wiese	20.50	3:12:46	9:24	2	1:07:58	19	1:24:28	60.50	8:26:58	8:22	2	2:13:14	6	54:57
□□	6.50	49:47	7:39	2	17:26	19	21:22	67.00	9:16:45	8:18	2	2:30:40	19	3:29:40