



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

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Link-Holtermann, Elke

□□: TuS Breckerfeld

□□: 1341

□□: 67.00 km

67 km DUV-DM

□□□□:

Seniorinnen W40

□□□: 7:54:55

□□: 8.46 km/h

□□□□: 7:05 min/km

□□□□□/□□□: 78 (of 118)

□□□□□/□: 11 (of 23)

□□□□□□: 5:47:05

□□□□□: 2(of 2)

□□□□□□□: 6:57:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:11:24	6:44	2	2:17	10	26:44	19.50	2:11:24	6:44	2	2:17	14	
Kühude	20.50	2:15:26	6:36	2	8:56	11	29:44	40.00	4:26:50	6:40	2	11:13	14	
Nasse Wiese	20.50	2:50:55	8:20	2	41:51	16	1:02:37	60.50	7:17:45	7:14	2	53:04	14	
□□	6.50	37:10	5:43	2	4:43	11	8:45	67.00	7:54:55	7:05	2	57:47	11	2:07:50