



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Sprang, Sonja

□□: Aachen

□□: 1371

□□: 67.00 km

67 km DUV-DM

□□□□:

Seniorinnen W35

□□□: 8:36:22

□□: 7.79 km/h

□□□□: 7:43 min/km

□□□□□/□□□: 95 (of 118)

□□□□□/□: 15 (of 23)

□□□□□□: 5:47:05

□□□□□: 4(of 4)

□□□□□□□: 5:47:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:35:58	7:59	4	51:18	19	51:18	19.50	2:35:58	7:59	4	51:18	10	12:32
Kühude	20.50	2:36:15	7:37	4	50:33	16	50:33	40.00	5:12:13	7:48	4	1:41:51	10	23:26
Nasse Wiese	20.50	2:41:15	7:51	4	52:57	11	52:57	60.50	7:53:28	7:49	4	2:34:48	10	21:27
□□	6.50	42:54	6:35	4	14:29	15	14:29	67.00	8:36:22	7:42	4	2:49:17	15	2:49:17