



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Tille, Kristina

□□: TV Attendorf

□□: 3150

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W35

□□□: 9:49:17

□□: 10.28 km/h

□□□□: 5:50 min/km

□□□□□/□□□: 4 (of 79)

□□□□□/□: 1 (of 14)

□□□□□□: 9:49:17

□□□□□: 1(of 5)

□□□□□□□: 9:49:17

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	1:57:43	6:02	1	-	1	-	19.50	1:57:43	6:02	1	-	1	-	
Kühude	20.50	1:55:02	5:36	1	-	1	-	40.00	3:52:45	5:49	1	-	1	-	
Rhein-Weser-Tur	17.00	1:35:52	5:38	1	-	1	-	57.00	5:28:37	5:45	1	-	1	-	
Kühude	17.00	1:37:46	5:45	1	-	1	-	74.00	7:06:23	5:45	1	-	1	-	
Nasse Wiese	20.50	2:10:32	6:22	1	-	1	-	94.50	9:16:55	5:53	1	-	1	-	
□□	6.50	32:22	4:58	1	-	1	-	101.00	9:49:17	5:50	1	-	1	-	