



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Klomp, Henriette

□□□: 11:13:38

□□: Uft

□□: 9.00 km/h

□□: 3059

□□□□: 6:40 min/km

□□: 101.00 km

□□□□□/□□□: 20 (of 79)

101 km Lauf

□□□□□/□: 4 (of 14)

□□□□□□: 9:49:17

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□□□□□: 1(of 2)

Seniorinnen W45

□□□□□□□: 11:13:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:11:59	6:46	1	-	5	14:16	19.50	2:11:59	6:46	1	-	4	14:16	
Kühude	20.50	2:07:18	6:12	1	-	4	12:16	40.00	4:19:17	6:28	1	-	4	26:32	
Rhein-Weser-Tur	17.00	1:44:45	6:09	1	-	3	8:53	57.00	6:04:02	6:23	1	-	4	35:25	
Kühude	17.00	1:54:47	6:45	1	-	4	17:01	74.00	7:58:49	6:28	1	-	4	52:26	
Nasse Wiese	20.50	2:35:29	7:35	1	-	5	24:57	94.50	10:34:18	6:42	1	-	4	1:17:23	
□□	6.50	39:20	6:03	1	-	4	6:58	101.00	11:13:38	6:40	1	-	4	1:24:21	