



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Kaufmann, Ursula

□□: TV Attendorf

□□: 3143

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W50

□□□: 11:23:21

□□: 8.87 km/h

□□□□: 6:46 min/km

□□□□□/□□□: 24 (of 79)

□□□□□/□: 5 (of 14)

□□□□□□: 9:49:17

□□□□□: 1(of 3)

□□□□□□□: 11:23:21

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 2:03:55 | 6:21 | 1 | - | 3 | 6:12 | 19.50 | 2:03:55 | 6:21 | 1 | - | 5 | 6:12 | |
| Kühude | 20.50 | 2:10:18 | 6:21 | 1 | - | 5 | 15:16 | 40.00 | 4:14:13 | 6:21 | 1 | - | 5 | 21:28 | |
| Rhein-Weser-Tur | 17.00 | 1:56:52 | 6:52 | 1 | - | 6 | 21:00 | 57.00 | 6:11:05 | 6:30 | 1 | - | 5 | 42:28 | |
| Kühude | 17.00 | 2:02:32 | 7:12 | 1 | - | 5 | 24:46 | 74.00 | 8:13:37 | 6:40 | 1 | - | 5 | 1:07:14 | |
| Nasse Wiese | 20.50 | 2:34:43 | 7:32 | 2 | 0:10 | 4 | 24:11 | 94.50 | 10:48:20 | 6:51 | 1 | - | 5 | 1:31:25 | |
| □□ | 6.50 | 35:01 | 5:23 | 1 | - | 2 | 2:39 | 101.00 | 11:23:21 | 6:45 | 1 | - | 5 | 1:34:04 | |