



# 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	