



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Hennigs, Liane

□□: Jever

□□: 3048

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W50

□□□: 12:13:21

□□: 8.26 km/h

□□□□: 7:16 min/km

□□□□□/□□□: 38 (of 79)

□□□□□/□: 7 (of 14)

□□□□□□: 9:49:17

□□□□□: 2(of 3)

□□□□□□□: 11:23:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:19:14	7:08	2	15:19	9	21:31	19.50	2:19:14	7:08	2	15:19	7	21:31
Kühude	20.50	2:26:24	7:08	2	16:06	11	31:22	40.00	4:45:38	7:08	2	31:25	7	52:53
Rhein-Weser-Tur	17.00	2:06:50	7:27	2	9:58	10	30:58	57.00	6:52:28	7:14	2	41:23	7	1:23:51
Kühude	17.00	2:06:26	7:26	2	3:54	8	28:40	74.00	8:58:54	7:16	2	45:17	7	1:52:31
Nasse Wiese	20.50	2:34:33	7:32	1	-	3	24:01	94.50	11:33:27	7:20	2	45:07	7	2:16:32
□□	6.50	39:54	6:08	2	4:53	5	7:32	101.00	12:13:21	7:15	2	50:00	7	2:24:04