



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

□□□□

□□□□

□□□

| □□□ | □□ 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 |