



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Link-Holtermann, Elke

□□: TuS Breckerfeld

□□: 3146

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W40

□□□: 12:15:52

□□: 8.24 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 40 (of 79)

□□□□□/□: 8 (of 14)

□□□□□□: 9:49:17

□□□□□: 2(of 2)

□□□□□□□: 10:26:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:25:26	7:27	2	25:35	12	27:43	19.50	2:25:26	7:27	2	25:35	8	27:43	
Kühude	20.50	2:16:29	6:39	2	16:03	6	21:27	40.00	4:41:55	7:02	2	41:38	8	49:10	
Rhein-Weser-Tur	17.00	1:55:34	6:47	2	8:29	5	19:42	57.00	6:37:29	6:58	2	50:07	8	1:08:52	
Kühude	17.00	2:07:30	7:30	2	20:11	10	29:44	74.00	8:44:59	7:05	2	1:10:18	8	1:38:36	
Nasse Wiese	20.50	2:48:31	8:13	2	35:14	7	37:59	94.50	11:33:30	7:20	2	1:45:32	8	2:16:35	
□□	6.50	42:22	6:31	2	3:56	7	10:00	101.00	12:15:52	7:17	2	1:49:28	8	2:26:35	