



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Schreier, Astrid

□□: SpvG Steinhagen

□□: 3083

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W35

□□□: 12:35:51

□□: 8.02 km/h

□□□□: 7:29 min/km

□□□□□/□□□: 44 (of 79)

□□□□□/□: 9 (of 14)

□□□□□□: 9:49:17

□□□□□: 3(of 5)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:16:38	7:00	4	18:55	8	18:55	19.50	2:16:38	7:00	3	18:55	9	18:55
Kühude	20.50	2:21:57	6:55	4	26:55	9	26:55	40.00	4:38:35	6:57	3	45:50	9	45:50
Rhein-Weser-Tur	17.00	2:03:05	7:14	4	27:13	9	27:13	57.00	6:41:40	7:02	3	1:13:03	9	1:13:03
Kühude	17.00	2:17:27	8:05	4	39:41	11	39:41	74.00	8:59:07	7:17	3	1:52:44	9	1:52:44
Nasse Wiese	20.50	2:56:31	8:36	3	45:59	9	45:59	94.50	11:55:38	7:34	3	2:38:43	9	2:38:43
□□	6.50	40:13	6:11	2	7:51	6	7:51	101.00	12:35:51	7:29	3	2:46:34	9	2:46:34