



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Schede, Bianka

□□□: 12:36:06

□□: 3152

□□: 8.01 km/h

□□□□: 7:29 min/km

□□: 101.00 km

□□□□□/□□□: 45 (of 79)

101 km Lauf

□□□□□/□: 10 (of 14)

□□□□□□: 9:49:17

□□□□:

□□□□□: 4(of 5)

Seniorinnen W35

□□□□□□: 9:49:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:12:06	6:46	2	14:23	6	14:23	19.50	2:12:06	6:46	4	14:23	10	14:23
Kühude	20.50	2:18:51	6:46	3	23:49	8	23:49	40.00	4:30:57	6:46	4	38:12	10	38:12
Rhein-Weser-Tur	17.00	2:00:59	7:07	3	25:07	8	25:07	57.00	6:31:56	6:52	4	1:03:19	10	1:03:19
Kühude	17.00	2:02:45	7:13	2	24:59	6	24:59	74.00	8:34:41	6:57	4	1:28:18	10	1:28:18
Nasse Wiese	20.50	3:08:39	9:12	4	58:07	11	58:07	94.50	11:43:20	7:26	4	2:26:25	10	2:26:25
□□	6.50	52:46	8:07	4	20:24	13	20:24	101.00	12:36:06	7:29	4	2:46:49	10	2:46:49