



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

striebinger, ute

□□: LT Spiridon Mannheim

□□: 3017

□□: 67.00 km

67 km Lauf

□□□□:

Seniorinnen W60

□□□: 12:41:58

□□: 5.28 km/h

□□□□: 11:22 min/km

□□□□□/□□□: 45 (of 46)

□□□□□/□: 8 (of 9)

□□□□□□: 6:51:38

□□□□□: 1(of 1)

□□□□□□□: 12:41:58

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 3:29:02 | 10:43 | 1 | - | 9 | 1:21:27 | 19.50 | 3:29:02 | 10:43 | 1 | - | 8 | 1:21:27 | |
| Kühude | 20.50 | 3:40:53 | 10:46 | 1 | - | 9 | 1:38:49 | 40.00 | 7:09:55 | 10:44 | 1 | - | 8 | 3:00:16 | |
| Nasse Wiese | 20.50 | 4:23:14 | 12:50 | 1 | - | 9 | 2:13:48 | 60.50 | 11:33:09 | 11:27 | 1 | - | 8 | 5:14:04 | |
| □□ | 6.50 | 1:08:49 | 10:35 | 1 | - | 7 | 36:16 | 67.00 | 12:41:58 | 11:22 | 1 | - | 8 | 5:50:20 | |