



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch
Bödefeld / 11.05.2013

□□□□

Mollnar, Brigitte

□□: Pheidippides.de

□□: 3138

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W45

□□□: 13:46:50

□□: 7.33 km/h

□□□□: 8:11 min/km

□□□□□/□□□: 69 (of 79)

□□□□□/□: 12 (of 14)

□□□□□□: 9:49:17

□□□□□: 2(of 2)

□□□□□□□: 11:13:38

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:29:30	7:40	2	17:31	13	31:47	19.50	2:29:30	7:40	2	17:31	12	31:47
Kühude	20.50	2:29:26	7:17	2	22:08	12	34:24	40.00	4:58:56	7:28	2	39:39	12	1:06:11
Rhein-Weser-Tur	17.00	2:16:50	8:02	2	32:05	12	40:58	57.00	7:15:46	7:38	2	1:11:44	12	1:47:09
Kühude	17.00	2:31:39	8:55	2	36:52	13	53:53	74.00	9:47:25	7:56	2	1:48:36	12	2:41:02
Nasse Wiese	20.50	3:11:01	9:19	2	35:32	13	1:00:29	94.50	12:58:26	8:14	2	2:24:08	12	3:41:31
□□	6.50	48:24	7:26	2	9:04	11	16:02	101.00	13:46:50	8:11	2	2:33:12	12	3:57:33