



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Pawzik, Heike

□□: LG Nord Berlin

□□: 3074

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W50

□□□: 13:58:20

□□: 7.23 km/h

□□□□: 8:18 min/km

□□□□□/□□□: 73 (of 79)

□□□□□/□: 13 (of 14)

□□□□□□: 9:49:17

□□□□□: 3(of 3)

□□□□□□□: 11:23:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:29:46	7:40	3	25:51	14	32:03	19.50	2:29:46	7:40	3	25:51	13	32:03	
Kühude	20.50	2:46:03	8:06	3	35:45	14	51:01	40.00	5:15:49	7:53	3	1:01:36	13	1:23:04	
Rhein-Weser-Tur	17.00	2:17:17	8:04	3	20:25	13	41:25	57.00	7:33:06	7:56	3	1:22:01	13	2:04:29	
Kühude	17.00	2:22:15	8:22	3	19:43	12	44:29	74.00	9:55:21	8:02	3	1:41:44	13	2:48:58	
Nasse Wiese	20.50	3:10:50	9:18	3	36:17	12	1:00:18	94.50	13:06:11	8:19	3	2:17:51	13	3:49:16	
□□	6.50	52:09	8:01	3	17:08	12	19:47	101.00	13:58:20	8:18	3	2:34:59	13	4:09:03	