



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Siebe, Birte

□□: Lübbecker Berglöwen

□□: 3084

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W35

□□□: 14:27:20

□□: 6.99 km/h

□□□□: 8:35 min/km

□□□□□/□□□□: 75 (of 79)

□□□□□□/□: 14 (of 14)

□□□□□□: 9:49:17

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:23:03	7:20	5	25:20	11	25:20	19.50	2:23:03	7:20	5	25:20	14	25:20
Kühude	20.50	2:30:28	7:20	5	35:26	13	35:26	40.00	4:53:31	7:20	5	1:00:46	14	1:00:46
Rhein-Weser-Tur	17.00	2:23:32	8:26	5	47:40	14	47:40	57.00	7:17:03	7:40	5	1:48:26	14	1:48:26
Kühude	17.00	2:38:01	9:17	5	1:00:15	14	1:00:15	74.00	9:55:04	8:02	5	2:48:41	14	2:48:41
Nasse Wiese	20.50	3:33:24	10:24	5	1:22:52	14	1:22:52	94.50	13:28:28	8:33	5	4:11:33	14	4:11:33
□□	6.50	58:52	9:03	5	26:30	14	26:30	101.00	14:27:20	8:35	5	4:38:03	14	4:38:03