



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Preuß, Christa

□□: Lübecker SC

□□: 211

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W50

□□□: 12:41:13

□□: 7.96 km/h

□□□□: 7:32 min/km

□□□□□/□□□: 43 (of 98)

□□□□□/□: 9 (of 14)

□□□□□□: 10:04:59

□□□□□: 3(of 3)

□□□□□□□: 11:20:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:22:05	7:17	3	30:30	10	30:32	19.50	2:22:05	7:17	3	12:19	9	27:23	
Kühude	20.50	2:23:16	6:59	3	20:47	9	25:52	40.00	4:45:21	7:08	3	24:28	9	51:50	
Rhein-Weser-Tur	17.00	1:59:33	7:01	2	4:19	7	22:15	57.00	6:44:54	7:06	3	28:47	9	1:11:17	
Kühude	17.00	2:10:42	7:41	2	14:10	8	29:21	74.00	8:55:36	7:14	3	42:57	9	1:40:38	
Nasse Wiese	20.50	2:58:30	8:42	2	27:33	10	45:34	94.50	11:54:06	7:33	3	1:10:30	9	2:26:12	
Ziel	6.50	47:07	7:14	3	10:03	10	11:52	101.00	12:41:13	7:32	3	1:20:33	9	2:36:14	