



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Frenzl, Nicole

□□: Schnauftreff Oberursel

□□: 165

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W40

□□□: 12:48:09

□□: 7.89 km/h

□□□□: 7:37 min/km

□□□□□/□□□: 49 (of 98)

□□□□□/□: 10 (of 14)

□□□□□□: 10:04:59

□□□□□: 3(of 4)

□□□□□□□: 10:39:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:16:29	6:59	3	24:56	8	24:56	19.50	2:16:29	6:59	3	13:23	10	21:47	
Kühude	20.50	2:27:22	7:11	3	29:58	11	29:58	40.00	4:43:51	7:05	3	36:14	10	50:20	
Rhein-Weser-Tur	17.00	2:12:23	7:47	3	35:05	11	35:05	57.00	6:56:14	7:18	3	58:48	10	1:22:37	
Kühude	17.00	2:12:46	7:48	3	23:51	9	31:25	74.00	9:09:00	7:25	3	1:22:39	10	1:54:02	
Nasse Wiese	20.50	2:54:21	8:30	3	36:40	8	41:25	94.50	12:03:21	7:39	3	1:59:19	10	2:35:27	
Ziel	6.50	44:48	6:53	2	9:30	8	9:33	101.00	12:48:09	7:36	3	2:08:49	10	2:43:10	