



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Link-Holtermann, Elke

□□: TuS Breckerfeld

□□: 1595

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W45

□□□: 12:57:26

□□: 7.79 km/h

□□□□: 7:42 min/km

□□□□□/□□□□: 51 (of 98)

□□□□□/□: 11 (of 14)

□□□□□□: 10:04:59

□□□□□: 4(of 4)

□□□□□□□: 10:39:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:26:33	7:30	4	25:19	12	35:00	19.50	2:26:33	7:30	4	25:19	11	31:51
Kühude	20.50	2:26:02	7:07	4	19:08	10	28:38	40.00	4:52:35	7:18	4	44:27	11	59:04
Rhein-Weser-Tur	17.00	2:02:25	7:12	4	14:01	10	25:07	57.00	6:55:00	7:16	4	58:13	11	1:21:23
Kühude	17.00	2:23:00	8:24	4	32:30	12	41:39	74.00	9:18:00	7:32	4	1:30:43	11	2:03:02
Nasse Wiese	20.50	2:56:37	8:36	4	39:48	9	43:41	94.50	12:14:37	7:46	4	2:10:31	11	2:46:43
Ziel	6.50	42:49	6:35	2	7:34	5	7:34	101.00	12:57:26	7:41	4	2:18:05	11	2:52:27