



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

□□□□

Tegatz, Anja

□□: LC Duisburg

□□: 231

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W40

□□□: 13:36:47

□□: 7.42 km/h

□□□□: 8:05 min/km

□□□□□/□□□: 65 (of 98)

□□□□□/□: 12 (of 14)

□□□□□□: 10:04:59

□□□□□: 4(of 4)

□□□□□□□: 10:39:20

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:25:21	7:27	4	33:48	11	33:48	19.50	2:25:21	7:27	4	22:15	12	30:39
Kühude	20.50	2:29:32	7:17	4	32:08	13	32:08	40.00	4:54:53	7:22	4	47:16	12	1:01:22
Rhein-Weser-Tur	17.00	2:15:27	7:58	4	38:09	12	38:09	57.00	7:10:20	7:32	4	1:12:54	12	1:36:43
Kühude	17.00	2:22:46	8:23	4	33:51	11	41:25	74.00	9:33:06	7:44	4	1:46:45	12	2:18:08
Nasse Wiese	20.50	3:08:03	9:10	4	50:22	13	55:07	94.50	12:41:09	8:03	4	2:37:07	12	3:13:15
Ziel	6.50	55:38	8:33	4	20:20	13	20:23	101.00	13:36:47	8:05	4	2:57:27	12	3:31:48