



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Hennigs, Liane

□□□: 13:48:42

□□: Jever

□□: 7.31 km/h

□□: 179

□□□□: 8:12 min/km

□□: 101.00 km

□□□□□/□□□: 71 (of 98)

101 km Lauf

□□□□□/□: 13 (of 14)

□□□□□□: 10:04:59

□□□□:

□□□□□: 2(of 2)

Seniorinnen W55

□□□□□□□: 10:04:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:27:31	7:33	2	32:49	13	35:58	19.50	2:27:31	7:33	2	32:49	14	32:49	
Kühude	20.50	2:28:25	7:14	2	29:36	12	31:01	40.00	4:55:56	7:23	2	1:02:25	13	1:02:25	
Rhein-Weser-Tur	17.00	2:15:36	7:58	2	35:30	13	38:18	57.00	7:11:32	7:34	2	1:37:55	13	1:37:55	
Kühude	17.00	2:41:05	9:28	2	59:44	13	59:44	74.00	9:52:37	8:00	2	2:37:39	13	2:37:39	
Nasse Wiese	20.50	3:01:36	8:51	2	48:40	11	48:40	94.50	12:54:13	8:11	2	3:26:19	13	3:26:19	
Ziel	6.50	54:29	8:22	2	17:24	12	19:14	101.00	13:48:42	8:12	2	3:43:43	13	3:43:43	