



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Staubach, Astrid

□□: ITC Team Germany

□□: 332

□□: 67.00 km

67 km Lauf

□□□□:

Seniorinnen W40

□□□: 5:43:06

□□: 11.72 km/h

□□□□: 5:07 min/km

□□□□□/□□□: 17 (of 80)

□□□□□/□: 1 (of 20)

□□□□□□: 5:43:06

□□□□□: 1(of 6)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	1:42:18	5:14	1	-	1	-	19.50	1:42:18	5:14	1	-	11		
Kühude	20.50	1:45:12	5:07	1	-	1	-	40.00	3:27:30	5:11	1	-	11		
Nasse Wiese	20.50	1:47:23	5:14	1	-	1	-	60.50	5:14:53	5:12	1	-	11		
Ziel	6.50	28:13	4:20	1	-	1	-	67.00	5:43:06	5:07	1	-	1	-	