



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Gottschling, Ricarda

□□: BSG Evonik Wesseling eV

□□: 291

□□: 67.00 km

67 km Lauf

□□□□:

Seniorinnen W50

□□□: 8:54:09

□□: 7.53 km/h

□□□□: 7:58 min/km

□□□□□/□□□: 67 (of 80)

□□□□□/□: 16 (of 20)

□□□□□□: 5:43:06

□□□□□: 4(of 4)

□□□□□□□: 6:54:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:35:18	7:57	4	37:21	15	53:00	19.50	2:35:18	7:57	4	37:21	6	14:40	
Kühude	20.50	2:44:36	8:01	4	42:55	16	59:24	40.00	5:19:54	7:59	4	1:20:16	6	40:19	
Nasse Wiese	20.50	2:51:02	8:20	3	32:50	14	1:03:39	60.50	8:10:56	8:06	4	1:53:06	6	58:42	
Ziel	6.50	43:13	6:38	3	6:48	14	15:00	67.00	8:54:09	7:58	4	1:59:54	16	3:11:03	