



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

□□□□

Kilian, Alexandra

□□: yogawi.de

□□: 184

□□: 67.00 km

67 km Lauf

□□□□:

Seniorinnen W55

□□□: 9:33:56

□□: 7.00 km/h

□□□□: 8:34 min/km

□□□□□/□□□: 73 (of 80)

□□□□□/□: 18 (of 20)

□□□□□□: 5:43:06

□□□□□: 1(of 1)

□□□□□□□: 9:33:56

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:38:40	8:08	1	-	16	56:22	19.50	2:38:40	8:08	1	-	4	18:02	
Kühude	20.50	2:43:20	7:58	1	-	15	58:08	40.00	5:22:00	8:03	1	-	4	42:25	
Nasse Wiese	20.50	3:12:35	9:23	1	-	18	1:25:12	60.50	8:34:35	8:30	1	-	4	1:22:21	
Ziel	6.50	59:21	9:07	1	-	19	31:08	67.00	9:33:56	8:33	1	-	18	3:50:50	