



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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**Braun, Marion**

□□: SV Germania Eicherscheid

□□: 149

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W55

□□□: 10:04:59

□□: 10.02 km/h

□□□□: 5:59 min/km

□□□□□/□□□: 7 (of 98)

□□□□□/□: 1 (of 14)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	1:54:42	5:52	1	-	3	3:09	19.50	1:54:42	5:52	1	-	1	-	
Kühude	20.50	1:58:49	5:47	1	-	2	1:25	40.00	3:53:31	5:50	1	-	1	-	
Rhein-Weser-Tur	17.00	1:40:06	5:53	1	-	2	2:48	57.00	5:33:37	5:51	1	-	1	-	
Kühude	17.00	1:41:21	5:57	1	-	1	-	74.00	7:14:58	5:52	1	-	1	-	
Nasse Wiese	20.50	2:12:56	6:29	1	-	1	-	94.50	9:27:54	6:00	1	-	1	-	
Ziel	6.50	37:05	5:42	1	-	4	1:50	101.00	10:04:59	5:59	1	-	1	-	