



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

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Neumann, Petra

□□: ESV Lok Zwickau

□□: 203

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W40

□□□: 10:39:20

□□: 9.48 km/h

□□□□: 6:20 min/km

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□□□□□/□: 2 (of 14)

□□□□□□: 10:04:59

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□□□□□□□: 10:39:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:03:06	6:18	2	11:33	5	11:33	19.50	2:03:06	6:18	1	-	2	8:24
Kühude	20.50	2:04:31	6:04	2	7:07	4	7:07	40.00	4:07:37	6:11	1	-	2	14:06
Rhein-Weser-Tur	17.00	1:49:49	6:27	2	12:31	5	12:31	57.00	5:57:26	6:16	1	-	2	23:49
Kühude	17.00	1:48:55	6:24	1	-	2	7:34	74.00	7:46:21	6:18	1	-	2	31:23
Nasse Wiese	20.50	2:17:41	6:42	1	-	3	4:45	94.50	10:04:02	6:23	1	-	2	36:08
Ziel	6.50	35:18	5:25	1	-	2	0:03	101.00	10:39:20	6:19	1	-	2	34:21