



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

□□□□

Rosentreter, Beate

□□: Haxter Lauffreunde Paderborn

□□: 216

□□: 101.00 km

101 km Lauf

□□□□:

Seniorinnen W45

□□□: 10:39:21

□□: 9.48 km/h

□□□□: 6:20 min/km

□□□□□/□□□□: 14 (of 98)

□□□□□/□: 3 (of 14)

□□□□□□: 10:04:59

□□□□□: 1(of 4)

□□□□□□□: 10:39:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:01:14	6:13	1	-	4	9:41	19.50	2:01:14	6:13	1	-	3	6:32	
Kühude	20.50	2:06:54	6:11	1	-	5	9:30	40.00	4:08:08	6:12	1	-	3	14:37	
Rhein-Weser-Tur	17.00	1:48:39	6:23	2	0:15	4	11:21	57.00	5:56:47	6:15	1	-	3	23:10	
Kühude	17.00	1:50:30	6:30	1	-	3	9:09	74.00	7:47:17	6:18	1	-	3	32:19	
Nasse Wiese	20.50	2:16:49	6:40	1	-	2	3:53	94.50	10:04:06	6:23	1	-	3	36:12	
Ziel	6.50	35:15	5:25	1	-	1	-	101.00	10:39:21	6:19	1	-	3	34:22	