



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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Holst, Hansi

□□□: 7:16:57

□□: Endorphinjunkies.de Dortmund

□□: 9.20 km/h

□□: 707

□□□□: 6:31 min/km

□□: 67.00 km

□□□□□/□□□: 19 (of 52)

67 km Lauf

□□□□□/□: 19 (of 45)

□□□□□□: 5:42:02

□□□□:

□□□□□: 5(of 11)

Männer M50

□□□□□□□: 6:12:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:11:19	6:44	6	31:28	30	33:17	19.50	2:11:19	6:44	5	31:28	42	
Kühude	20.50	2:11:06	6:23	5	21:50	19	28:23	40.00	4:22:25	6:33	5	53:18	42	
Nasse Wiese	20.50	2:20:10	6:50	4	25:00	12	42:06	60.50	6:42:35	6:39	5	1:03:56	42	
□□	6.50	34:22	5:17	4	2:47	9	8:00	67.00	7:16:57	6:31	5	1:04:11	19	1:34:55