



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

□□□□

Peters, Werner

□□: LSF Münster

□□: 752

□□: 67.00 km

67 km Lauf

□□□□:

Männer M45

□□□: 7:52:10

□□: 8.51 km/h

□□□□: 7:03 min/km

□□□□□/□□□: 30 (of 52)

□□□□□/□: 29 (of 45)

□□□□□□: 5:42:02

□□□□□: 9(of 13)

□□□□□□□: 5:42:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:11:06	6:43	10	25:35	28	33:04	19.50	2:11:06	6:43	9	25:35	7	
Kühude	20.50	2:16:09	6:38	9	24:04	26	33:26	40.00	4:27:15	6:40	9	49:39	7	
Nasse Wiese	20.50	2:41:38	7:53	10	1:03:34	31	1:03:34	60.50	7:08:53	7:05	9	1:53:13	7	
□□	6.50	43:17	6:39	11	16:55	32	16:55	67.00	7:52:10	7:02	9	2:10:08	29	2:10:08