



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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Knein, Peter

□□: LSF Münster

□□: 753

□□: 67.00 km

67 km Lauf

□□□□:

Männer M45

□□□: 7:52:10

□□: 8.51 km/h

□□□□: 7:03 min/km

□□□□□/□□□: 31 (of 52)

□□□□□/□: 30 (of 45)

□□□□□□: 5:42:02

□□□□□: 10(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	2:16:12	6:38	10	24:07	27	33:29	40.00	4:27:18	6:40	10	49:42	8	
Nasse Wiese	20.50	2:41:36	7:52	9	1:03:32	30	1:03:32	60.50	7:08:54	7:05	10	1:53:14	8	
□□	6.50	43:16	6:39	10	16:54	31	16:54	67.00	7:52:10	7:02	9	2:10:08	29	2:10:08