



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

0000

Wojtaszek, Olaf

00: Plettenberg

00: 664

00: 101.00 km

101 km Lauf

0000:

Männer M45

000: 10:25:49

00: 9.68 km/h

0000: 6:12 min/km

00000/000: 11 (of 59)

00000/0: 11 (of 52)

000000: 8:09:44

00000: 4(of 10)

0000000: 8:56:58

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Nasse Wiese	19.50	1:50:48	5:40	5	11:27	12	22:06	19.50	1:50:48	5:40	4	11:27	37	
Kühude	20.50	1:55:39	5:38	4	14:08	11	22:35	40.00	3:46:27	5:39	4	25:35	37	
Rhein-Weser-Tur	17.00	1:42:38	6:02	4	15:58	9	21:36	57.00	5:29:05	5:46	4	41:33	37	
Kühude	17.00	1:51:18	6:32	4	22:00	10	23:29	74.00	7:20:23	5:57	4	1:03:33	37	
Nasse Wiese	20.50	2:23:26	6:59	4	19:11	12	32:23	94.50	9:43:49	6:10	4	1:22:44	37	
00	6.50	42:00	6:27	6	9:50	28	13:56	101.00	10:25:49	6:11	4	1:28:51	10	2:16:05