



# Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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Einhaus, Herbert

□□: Schüttdorf

□□: 655

□□: 101.00 km

101 km Lauf

□□□□:

Männer M50

□□□: 11:36:06

□□: 8.71 km/h

□□□□: 6:53 min/km

□□□□□/□□□: 21 (of 59)

□□□□□/□: 20 (of 52)

□□□□□□: 8:09:44

□□□□□: 6(of 13)

□□□□□□□: 8:57:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:11:32	6:44	8	32:02	32	42:50	19.50	2:11:32	6:44	6	32:02	46	1:57
Kühude	20.50	2:13:07	6:29	5	29:58	25	40:03	40.00	4:24:39	6:36	6	1:02:00	46	
Rhein-Weser-Tur	17.00	1:57:54	6:56	5	29:34	21	36:52	57.00	6:22:33	6:42	6	1:31:34	46	
Kühude	17.00	2:00:53	7:06	6	29:03	17	33:04	74.00	8:23:26	6:48	6	2:00:37	46	
Nasse Wiese	20.50	2:37:10	7:39	5	34:36	19	46:07	94.50	11:00:36	6:59	6	2:35:13	46	
□□	6.50	35:30	5:27	3	3:09	11	7:26	101.00	11:36:06	6:53	6	2:38:22	20	3:26:22