



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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Rollwage, Stephan

□□: RSV Germania Heere

□□: 634

□□: 101.00 km

101 km Lauf

□□□□:

Männer M50

□□□: 12:03:48

□□: 8.37 km/h

□□□□: 7:10 min/km

□□□□□/□□□: 28 (of 59)

□□□□□/□: 26 (of 52)

□□□□□□: 8:09:44

□□□□□: 7(of 13)

□□□□□□□: 8:57:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:14:57	6:55	11	35:27	41	46:15	19.50	2:14:57	6:55	7	35:27	52	5:22
Kühude	20.50	2:17:59	6:43	9	34:50	31	44:55	40.00	4:32:56	6:49	7	1:10:17	52	
Rhein-Weser-Tur	17.00	2:00:08	7:04	8	31:48	27	39:06	57.00	6:33:04	6:53	7	1:42:05	52	
Kühude	17.00	2:05:23	7:22	7	33:33	24	37:34	74.00	8:38:27	7:00	7	2:15:38	52	
Nasse Wiese	20.50	2:43:44	7:59	8	41:10	26	52:41	94.50	11:22:11	7:13	7	2:56:48	52	
□□	6.50	41:37	6:24	10	9:16	27	13:33	101.00	12:03:48	7:09	7	3:06:04	26	3:54:04