



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

□□□□

Grittner, Werner

□□: Duisburg

□□: 656

□□: 101.00 km

101 km Lauf

□□□□:

Männer M50

□□□: 12:22:04

□□: 8.17 km/h

□□□□: 7:21 min/km

□□□□□/□□□: 33 (of 59)

□□□□□/□: 31 (of 52)

□□□□□□: 8:09:44

□□□□□: 10(of 13)

□□□□□□□: 8:57:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:12:05	6:46	9	32:35	35	43:23	19.50	2:12:05	6:46	10	32:35	5	2:30
Kühude	20.50	2:17:34	6:42	8	34:25	29	44:30	40.00	4:29:39	6:44	10	1:07:00	5	
Rhein-Weser-Tur	17.00	2:04:39	7:19	12	36:19	36	43:37	57.00	6:34:18	6:55	10	1:43:19	5	
Kühude	17.00	2:13:21	7:50	12	41:31	34	45:32	74.00	8:47:39	7:07	10	2:24:50	5	
Nasse Wiese	20.50	2:55:34	8:33	12	53:00	37	1:04:31	94.50	11:43:13	7:26	10	3:17:50	5	
□□	6.50	38:51	5:58	7	6:30	21	10:47	101.00	12:22:04	7:20	10	3:24:20	31	4:12:20