



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

□□□□

Hartmann, Johannes

□□□: 12:47:00

□□: Iserlohn

□□: 7.90 km/h

□□: 605

□□□□: 7:35 min/km

□□: 101.00 km

□□□□□/□□□: 40 (of 59)

101 km Lauf

□□□□□/□: 38 (of 52)

□□□□□□: 8:09:44

□□□□:

□□□□□: 5(of 8)

Männer M40

□□□□□□□: 9:25:04

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:11:53	6:45	7	32:43	34	43:11	19.50	2:11:53	6:45	5	32:13	12	2:18
Kühude	20.50	2:19:57	6:49	5	35:34	38	46:53	40.00	4:31:50	6:47	5	1:07:47	12	
Rhein-Weser-Tur	17.00	2:06:14	7:25	4	32:06	37	45:12	57.00	6:38:04	6:59	5	1:39:53	12	
Kühude	17.00	2:16:41	8:02	5	37:14	40	48:52	74.00	8:54:45	7:13	5	2:17:07	12	
Nasse Wiese	20.50	3:01:22	8:50	4	49:25	40	1:10:19	94.50	11:56:07	7:34	5	3:06:32	12	
□□	6.50	50:53	7:49	8	15:47	51	22:49	101.00	12:47:00	7:35	5	3:21:56	38	4:37:16