



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

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Zander, Markus

□□□: 13:08:16

□□: Kreuth

□□: 7.69 km/h

□□: 743

□□□□: 7:48 min/km

□□: 101.00 km

□□□□□/□□□: 51 (of 59)

101 km Lauf

□□□□□/□: 46 (of 52)

□□□□:

□□□□□: 6(of 8)

Männer M40

□□□□□□□: 9:25:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:03:41	6:20	5	24:31	24	34:59	19.50	2:03:41	6:20	6	24:01	20	
Kühude	20.50	2:12:48	6:28	4	28:25	24	39:44	40.00	4:16:29	6:24	6	52:26	20	
Rhein-Weser-Tur	17.00	2:10:22	7:40	6	36:14	43	49:20	57.00	6:26:51	6:47	6	1:28:40	20	
Kühude	17.00	2:47:18	9:50	8	1:07:51	51	1:19:29	74.00	9:14:09	7:29	6	2:36:31	20	11:50
Nasse Wiese	20.50	3:05:57	9:04	6	54:00	42	1:14:54	94.50	12:20:06	7:49	6	3:30:31	20	18:51
□□	6.50	48:10	7:24	5	13:04	43	20:06	101.00	13:08:16	7:48	6	3:43:12	46	4:58:32