



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

□□□□

Pradetto, Oliver

□□: blau direkt

□□: 612

□□: 101.00 km

101 km Lauf

□□□□:

Männer M40

□□□: 13:27:55

□□: 7.50 km/h

□□□□: 8:00 min/km

□□□□□/□□□: 55 (of 59)

□□□□□/□: 49 (of 52)

□□□□□□: 8:09:44

□□□□□: 8(of 8)

□□□□□□□: 9:25:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:01:10	6:12	4	22:00	21	32:28	19.50	2:01:10	6:12	8	21:30	23	
Kühude	20.50	2:32:08	7:25	8	47:45	50	59:04	40.00	4:33:18	6:49	8	1:09:15	23	0:07
Rhein-Weser-Tur	17.00	2:24:55	8:31	8	50:47	52	1:03:53	57.00	6:58:13	7:20	8	2:00:02	23	12:54
Kühude	17.00	2:32:19	8:57	7	52:52	47	1:04:30	74.00	9:30:32	7:42	8	2:52:54	23	28:13
Nasse Wiese	20.50	3:07:27	9:08	7	55:30	46	1:16:24	94.50	12:37:59	8:01	8	3:48:24	23	36:44
□□	6.50	49:56	7:40	7	14:50	48	21:52	101.00	13:27:55	7:59	8	4:02:51	49	5:18:11