



Bödefelder Hollenlauf / Hollenmarsch

Bödefeld / 14.05.2011

□□□□

Fischer, Michael

□□□: 13:52:25

□□: Uerdingen am Rhein

□□: 7.28 km/h

□□: 746

□□□□: 8:14 min/km

□□: 101.00 km

□□□□□/□□□: 57 (of 59)

101 km Lauf

□□□□□/□: 51 (of 52)

□□□□□□: 8:09:44

□□□□:

□□□□□: 10(of 10)

Männer M45

□□□□□□□: 8:56:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:26:07	7:29	10	46:46	47	57:25	19.50	2:26:07	7:29	10	46:46	25	16:32
Kühude	20.50	2:31:59	7:24	10	50:28	47	58:55	40.00	4:58:06	7:27	10	1:37:14	25	24:55
Rhein-Weser-Tur	17.00	2:20:33	8:16	10	53:53	50	59:31	57.00	7:18:39	7:41	10	2:31:07	25	33:20
Kühude	17.00	2:38:48	9:20	9	1:09:30	50	1:10:59	74.00	9:57:27	8:04	10	3:40:37	25	55:08
Nasse Wiese	20.50	3:08:53	9:12	9	1:04:38	48	1:17:50	94.50	13:06:20	8:19	10	4:45:15	25	1:05:05
□□	6.50	46:05	7:05	8	13:55	40	18:01	101.00	13:52:25	8:14	10	4:55:27	51	5:42:41