



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Krallmann, Jörg

□□: Lauffreunde Emsland

□□: 1766

□□: 67.00 km

67 km Lauf

□□□□:

Senioren M45

□□□: 8:26:48

□□: 7.93 km/h

□□□□: 7:34 min/km

□□□□□/□□□: 92 (of 118)

□□□□□/□: 78 (of 95)

□□□□□□: 4:51:45

□□□□□: 19(of 24)

□□□□□□□: 5:13:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:29:15	7:39	21	59:31	87	1:02:58	19.50	2:29:15	7:39	6	32:45	40	28:32
Kühude	20.50	2:31:27	7:23	19	1:00:31	80	1:03:37	40.00	5:00:42	7:31	6	1:04:08	40	56:18
Nasse Wiese	20.50	2:41:32	7:52	17	1:03:28	67	1:10:21	60.50	7:42:14	7:38	6	1:16:19	39	56:16
□□	6.50	44:34	6:51	18	17:53	73	19:26	67.00	8:26:48	7:33	19	3:13:09	78	3:35:03