



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

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Germing, Martin

□□: Lauffreunde Emsland
□□: 1758

□□: 67.00 km
67 km Lauf

□□□□:
Senioren M45

□□□: 8:26:48

□□: 7.93 km/h
□□□□: 7:34 min/km

□□□□□/□□□: 93 (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	2:28:35	7:37	20	58:51	85	1:02:18	19.50	2:28:35	7:37	5	32:05	39	27:52
Kühude	20.50	2:31:30	7:23	20	1:00:34	81	1:03:40	40.00	5:00:05	7:30	5	1:03:31	39	55:41
Nasse Wiese	20.50	2:42:06	7:54	18	1:04:02	69	1:10:55	60.50	7:42:11	7:38	5	1:16:16	38	56:13
□□	6.50	44:37	6:51	19	17:56	74	19:29	67.00	8:26:48	7:33	19	3:13:09	78	3:35:03