



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Schneider, Friedrich-Wilhelm

□□: LC BlueLiner Wolfenbüttel

□□: 1369

□□: 67.00 km

67 km Lauf

□□□□:

Senioren M65

□□□: 8:56:23

□□: 7.49 km/h

□□□□: 8:01 min/km

□□□□□/□□□: 101 (of 118)

□□□□□/□: 84 (of 95)

□□□□□□: 4:51:45

□□□□□: 3(of 5)

□□□□□□□: 6:20:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:35:03	7:57	4	49:28	88	1:08:46	19.50	2:35:03	7:57	3	49:28	34	34:20
Kühude	20.50	2:39:16	7:46	3	47:23	85	1:11:26	40.00	5:14:19	7:51	3	1:36:51	34	1:09:55
Nasse Wiese	20.50	2:55:00	8:32	2	46:20	79	1:23:49	60.50	8:09:19	8:05	3	2:23:11	33	1:23:21
□□	6.50	47:04	7:14	3	12:31	77	21:56	67.00	8:56:23	8:00	3	2:35:42	84	4:04:38