



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Kowalzik, Reiner

□□: Free Runner Gladbeck

□□: 1765

□□: 67.00 km

67 km Lauf

□□□□:

Senioren M45

□□□: 9:16:45

□□: 7.22 km/h

□□□□: 8:19 min/km

□□□□□/□□□: 106 (of 118)

□□□□□/□: 87 (of 95)

□□□□□□: 4:51:45

□□□□□: 21(of 24)

□□□□□□□: 5:13:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:27:14	7:33	19	57:30	84	1:00:57	19.50	2:27:14	7:33	4	30:44	31	26:31
Kühude	20.50	2:46:56	8:08	21	1:16:00	87	1:19:06	40.00	5:14:10	7:51	4	1:17:36	31	1:09:46
Nasse Wiese	20.50	3:12:46	9:24	21	1:34:42	86	1:41:35	60.50	8:26:56	8:22	4	2:01:01	30	1:40:58
□□	6.50	49:49	7:39	21	23:08	82	24:41	67.00	9:16:45	8:18	21	4:03:06	87	4:25:00