



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

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Vollenberg, Klaus

□□: ASC Schmallenberg

□□: 1790

□□: 67.00 km

67 km Lauf

□□□□:

Senioren M65

□□□: 9:46:06

□□: 6.86 km/h

□□□□: 8:45 min/km

□□□□□/□□□: 110 (of 118)

□□□□□/□: 89 (of 95)

□□□□□□: 4:51:45

□□□□□: 4(of 5)

□□□□□□□: 6:20:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:36:45	8:02	5	51:10	89	1:10:28	19.50	2:36:45	8:02	4	51:10	29	36:02
Kühude	20.50	2:59:07	8:44	5	1:07:14	92	1:31:17	40.00	5:35:52	8:23	4	1:58:24	29	1:31:28
Nasse Wiese	20.50	3:18:29	9:40	4	1:09:49	89	1:47:18	60.50	8:54:21	8:49	4	3:08:13	28	2:08:23
□□	6.50	51:45	7:57	4	17:12	87	26:37	67.00	9:46:06	8:44	4	3:25:25	89	4:54:21