



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Lech, Hardy

□□: COACHING&SUPERVISION Oberhausen

□□: 1827

Enduro U13

□□□□:

Senioren M55

□□□: 10:56:24

□□: - km/h

□□□□: 6:30 min/km

□□□□□/□□□: 7 (of 45)

□□□□□/□: 7 (of 44)

□□□□□□: 9:03:40

□□□□□: 1(of 8)

□□□□□□□: 10:56:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:07:59	6:33	3	24:11	19	25:41	19.50	2:07:59	6:33	1	-	31		
Kühude	20.50	2:07:27	6:13	3	24:50	18	25:58	40.00	4:15:26	6:23	1	-	31		
Rhein-Weser-Tur	17.00	1:50:02	6:28	3	18:14	13	29:03	57.00	6:05:28	6:24	1	-	31		
Kühude	17.00	1:52:50	6:38	1	-	6	26:02	74.00	7:58:18	6:27	1	-	28		
Nasse Wiese	20.50	2:21:19	6:53	1	-	8	17:57	94.50	10:19:37	6:33	1	-	28		
□□	6.50	36:47	5:39	1	-	7	6:41	-	10:56:24	-	1	-	7	1:52:44	