



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Ziehm, Udo

□□: Potsdam

□□: 1853

Enduro U13

□□□□:

Senioren M50

□□□: 12:02:21

□□: - km/h

□□□□: 7:09 min/km

□□□□□/□□□: 20 (of 45)

□□□□□/□: 20 (of 44)

□□□□□□: 9:03:40

□□□□□: 4(of 10)

□□□□□□□: 10:49:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:05:07	6:24	2	6:18	16	22:49	19.50	2:05:07	6:24	4	6:18	44		
Kühude	20.50	2:05:11	6:06	2	5:05	15	23:42	40.00	4:10:18	6:15	4	11:23	44		
Rhein-Weser-Tur	17.00	1:58:13	6:57	4	9:50	23	37:14	57.00	6:08:31	6:27	4	21:04	44		
Kühude	17.00	2:17:24	8:04	6	23:55	29	50:36	74.00	8:25:55	6:50	4	44:59	41		
Nasse Wiese	20.50	2:54:41	8:31	5	34:15	22	51:19	94.50	11:20:36	7:12	4	1:09:15	41		
□□	6.50	41:45	6:25	3	11:39	20	11:39	-	12:02:21	-	4	1:12:35	20	2:58:41	