



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Rauch, Wolfgang

□□: Sg Nußloch

□□: 1840

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 13:02:55

□□: 7.74 km/h

□□□□: 7:45 min/km

□□□□□/□□□□: 31 (of 45)

□□□□□□/□: 30 (of 44)

□□□□□□: 9:03:40

□□□□□: 7(of 10)

□□□□□□□: 9:45:04

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:16:15	6:59	8	33:57	32	33:57	19.50	2:16:15	6:59	8	33:57	10	0:31	
Kühude	20.50	2:17:29	6:42	6	32:06	24	36:00	40.00	4:33:44	6:50	8	1:06:03	10	0:04	
Rhein-Weser-Tur	17.00	2:05:17	7:22	7	27:03	25	44:18	57.00	6:39:01	7:00	8	1:33:06	10		
Kühude	17.00	2:21:58	8:21	8	34:10	32	55:10	74.00	9:00:59	7:18	7	2:07:16	9		
Nasse Wiese	20.50	3:10:30	9:17	9	58:02	37	1:07:08	94.50	12:11:29	7:44	7	2:59:28	9	0:22	
□□	6.50	51:26	7:54	6	18:23	29	21:20	101.00	13:02:55	7:45	7	3:17:51	30	3:59:15	