



Bödefelder Hollenlauf/ -Marsch
Bödefeld / 19.05.2012

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Nicklaus, Ulrich

□□: KLB2000

□□: 1835

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M55

□□□: 13:08:20

□□: 7.69 km/h

□□□□: 7:49 min/km

□□□□□/□□□: 32 (of 45)

□□□□□/□: 31 (of 44)

□□□□□□: 9:03:40

□□□□□: 5(of 8)

□□□□□□□: 10:56:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:20:44	7:13	5	36:56	33	38:26	19.50	2:20:44	7:13	5	12:45	11	5:00
Kühude	20.50	2:26:07	7:07	6	43:30	38	44:38	40.00	4:46:51	7:10	5	31:25	11	13:11
Rhein-Weser-Tur	17.00	2:09:55	7:38	6	38:07	31	48:56	57.00	6:56:46	7:18	5	51:18	11	5:29
Kühude	17.00	2:22:16	8:22	5	29:26	34	55:28	74.00	9:19:02	7:33	5	1:20:44	10	10:15
Nasse Wiese	20.50	2:57:23	8:39	4	36:04	26	54:01	94.50	12:16:25	7:47	5	1:56:48	10	5:18
□□	6.50	51:55	7:59	5	15:08	30	21:49	101.00	13:08:20	7:48	5	2:11:56	31	4:04:40