



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

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Schmitz, Henning

□□: LC Duisburg

□□: 1845

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 13:33:42

□□: 7.45 km/h

□□□□: 8:04 min/km

□□□□□/□□□: 37 (of 45)

□□□□□/□: 36 (of 44)

□□□□□□: 9:03:40

□□□□□: 8(of 10)

□□□□□□□: 10:49:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:21:30	7:15	8	22:41	37	39:12	19.50	2:21:30	7:15	8	22:41	16	5:46
Kühude	20.50	2:24:08	7:01	6	24:02	34	42:39	40.00	4:45:38	7:08	8	46:43	16	11:58
Rhein-Weser-Tur	17.00	2:12:27	7:47	9	24:04	37	51:28	57.00	6:58:05	7:20	8	1:10:38	16	6:48
Kühude	17.00	2:26:26	8:36	7	32:57	35	59:38	74.00	9:24:31	7:37	8	1:43:35	15	15:44
Nasse Wiese	20.50	3:09:27	9:14	8	49:01	36	1:06:05	94.50	12:33:58	7:58	8	2:22:37	15	22:51
□□	6.50	59:44	9:11	9	29:38	39	29:38	101.00	13:33:42	8:03	8	2:43:56	36	4:30:02