



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Grittner, Werner

□□: LC Duisburg

□□: 1812

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 13:33:43

□□: 7.45 km/h

□□□□: 8:04 min/km

□□□□□/□□□: 39 (of 45)

□□□□□/□: 37 (of 44)

□□□□□□: 9:03:40

□□□□□: 9(of 10)

□□□□□□□: 10:49:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:21:29	7:15	6	22:40	35	39:11	19.50	2:21:29	7:15	7	22:40	15	5:45
Kühude	20.50	2:24:15	7:02	7	24:09	35	42:46	40.00	4:45:44	7:08	9	46:49	18	12:04
Rhein-Weser-Tur	17.00	2:12:19	7:46	8	23:56	36	51:20	57.00	6:58:03	7:20	9	1:10:36	18	6:46
Kühude	17.00	2:26:27	8:36	8	32:58	36	59:39	74.00	9:24:30	7:37	9	1:43:34	17	15:43
Nasse Wiese	20.50	3:09:23	9:14	7	48:57	35	1:06:01	94.50	12:33:53	7:58	9	2:22:32	17	22:46
□□	6.50	59:50	9:12	10	29:44	42	29:44	101.00	13:33:43	8:03	9	2:43:57	37	4:30:03