



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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**Panoch, Stefan**

□□: Team Erdinger Alkoholfrei

□□: 1770

□□: 67.00 km

67 km DUV-DM

□□□□:

Senioren M35

□□□: 8:55:34

□□: 7.51 km/h

□□□□: 7:59 min/km

□□□□□/□□□: 100 (of 118)

□□□□□/□: 83 (of 95)

□□□□□□: 4:51:45

□□□□□: 7(of 7)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:22:03	7:17	7	54:27	80	55:46	19.50	2:22:03	7:17	7	54:27	35	21:20
Kühude	20.50	2:29:03	7:16	7	1:01:13	79	1:01:13	40.00	4:51:06	7:16	7	1:55:40	35	46:42
Nasse Wiese	20.50	3:01:42	8:51	7	1:30:31	86	3:01:42	60.50	7:52:48	7:48	7	3:26:11	34	1:06:50
□□	6.50	1:02:46	9:39	7	37:38	91	37:38	67.00	8:55:34	7:59	7	4:03:49	83	4:03:49