



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Tuna, Manuel

□□: TSG Helberhausen

□□: 1379

□□: 67.00 km

67 km DUV-DM

□□□□:

Senioren M45

□□□: 5:29:11

□□: 12.21 km/h

□□□□: 4:55 min/km

□□□□□/□□□: 10 (of 118)

□□□□□/□: 10 (of 95)

□□□□□□: 4:51:45

□□□□□: 4(of 24)

□□□□□□□: 5:13:39

□□□□

□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50    | 1:31:05  | 4:40         | 3       | 1:21    | 8       | 4:48    | 19.50 | 1:31:05   | 4:40          | 21      |         | 62      |         |
| Kühude      | 20.50    | 1:37:30  | 4:45         | 3       | 6:34    | 9       | 9:40    | 40.00 | 3:08:35   | 4:42          | 21      |         | 62      |         |
| Nasse Wiese | 20.50    | 1:51:26  | 5:26         | 7       | 1:51:26 | 13      | 1:51:26 | 60.50 | 5:00:01   | 4:57          | 21      |         | 61      |         |
| □□          | 6.50     | 29:10    | 4:29         | 4       | 2:29    | 12      | 4:02    | 67.00 | 5:29:11   | 4:54          | 4       | 15:32   | 10      | 37:26   |