



Bödefelder Hollenlauf/ -Marsch
 Bödefeld / 19.05.2012

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Hoffmann, Norbert

□□: SC Selters /LG Westerwald
 □□: 1325

□□: 67.00 km
 67 km DUV-DM

□□□□:
 Senioren M70

□□□: 6:42:18

□□: 9.99 km/h
 □□□□: 6:00 min/km

□□□□□/□□□: 42 (of 118)

□□□□□/□: 39 (of 95)

□□□□□□: 4:51:45

□□□□□: 1(of 1)

□□□□□□□: 6:42:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	1:58:01	6:03	1	-	48	31:44	19.50	1:58:01	6:03	1	-	79	
Kühude	20.50	2:00:28	5:52	1	-	44	32:38	40.00	3:58:29	5:57	1	-	78	
Nasse Wiese	20.50	2:10:42	6:22	1	-	37	2:10:42	60.50	6:09:11	6:06	1	-	78	
□□	6.50	33:07	5:05	1	-	31	7:59	67.00	6:42:18	6:00	1	-	39	1:50:33