



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Stapelbroek, Dieter

□□: DJK Coesfeld

□□: 1373

□□: 67.00 km

67 km DUV-DM

□□□□:

Senioren M45

□□□: 7:51:59

□□: 8.52 km/h

□□□□: 7:02 min/km

□□□□□/□□□: 75 (of 118)

□□□□□/□: 65 (of 95)

□□□□□□: 4:51:45

□□□□□: 17(of 24)

□□□□□□□: 5:13:39

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:02:24	6:16	14	32:40	56	36:07	19.50	2:02:24	6:16	8	5:54	6	1:41
Kühude	20.50	2:22:08	6:55	17	51:12	73	54:18	40.00	4:24:32	6:36	8	27:58	6	20:08
Nasse Wiese	20.50	2:42:33	7:55	21	2:42:33	74	2:42:33	60.50	7:07:05	7:03	8	41:10	6	21:07
□□	6.50	44:54	6:54	20	18:13	75	19:46	67.00	7:51:59	7:02	17	2:38:20	65	3:00:14