



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

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Dahlbeck, Klaus

□□: BSG Springorum

□□: 1798

□□: 67.00 km

67 km DUV-DM

□□□□:

Senioren M50

□□□: 7:53:12

□□: 8.50 km/h

□□□□: 7:04 min/km

□□□□□/□□□: 76 (of 118)

□□□□□/□: 66 (of 95)

□□□□□□: 4:51:45

□□□□□: 12(of 16)

□□□□□□□: 5:11:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:04:10	6:22	12	36:32	57	37:53	19.50	2:04:10	6:22	12	36:32	5	3:27
Kühude	20.50	2:10:24	6:21	12	39:20	56	42:34	40.00	4:14:34	6:21	12	1:15:52	5	10:10
Nasse Wiese	20.50	2:38:37	7:44	13	55:04	67	2:38:37	60.50	6:53:11	6:49	12	2:10:56	5	7:13
□□	6.50	1:00:01	9:13	16	30:33	90	34:53	67.00	7:53:12	7:03	12	2:41:29	66	3:01:27