



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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Kreutz, Axel

□□: Laufftreff Stadtwerke Hilchenbach

□□: 1767

□□: 67.00 km

67 km DUV-DM

□□□□:

Senioren M40

□□□: 7:57:45

□□: 8.41 km/h

□□□□: 7:08 min/km

□□□□□/□□□: 79 (of 118)

□□□□□/□: 68 (of 95)

□□□□□□: 4:51:45

□□□□□: 16(of 20)

□□□□□□□: 4:58:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:13:05	6:49	17	45:32	72	46:48	19.50	2:13:05	6:49	5	27:14	3	12:22
Kühude	20.50	2:14:04	6:32	15	46:14	61	46:14	40.00	4:27:09	6:40	5	42:27	3	22:45
Nasse Wiese	20.50	2:49:51	8:17	18	1:13:06	80	2:49:51	60.50	7:17:00	7:13	5	1:02:04	3	31:02
□□	6.50	40:45	6:16	14	14:42	64	15:37	67.00	7:57:45	7:07	16	2:59:34	68	3:06:00