



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Mann, Matthias

□□: Paderborn

□□: 1830

□□: 67.00 km

67 km DUV-DM

□□□□:

Senioren M40

□□□: 8:07:51

□□: 8.24 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 83 (of 118)

□□□□□/□: 72 (of 95)

□□□□□□: 4:51:45

□□□□□: 17(of 20)

□□□□□□□: 4:58:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:17:41	7:03	20	50:08	78	51:24	19.50	2:17:41	7:03	4	31:50	46	16:58
Kühude	20.50	2:25:12	7:04	20	57:22	77	57:22	40.00	4:42:53	7:04	4	58:11	46	38:29
Nasse Wiese	20.50	2:44:15	8:00	16	1:07:30	77	2:44:15	60.50	7:27:08	7:23	4	1:12:12	45	41:10
□□	6.50	40:43	6:15	13	14:40	63	15:35	67.00	8:07:51	7:16	17	3:09:40	72	3:16:06