



# Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

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**Matschke, Manfred**

□□: 1. Tri-Team Gütersloh GTV

□□: 1832

□□: 67.00 km

67 km DUV-DM

□□□□:

Senioren M60

□□□: 8:34:48

□□: 7.81 km/h

□□□□: 7:41 min/km

□□□□□/□□□: 94 (of 118)

□□□□□/□: 80 (of 95)

□□□□□□: 4:51:45

□□□□□: 1(of 3)

□□□□□□□: 8:34:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:00:15	6:10	1	-	53	33:58	19.50	2:00:15	6:10	2	-	-	38	-
Kühude	20.50	2:33:10	7:28	2	11:11	84	1:05:20	40.00	4:33:25	6:50	2	1:48	38	29:01	-
Nasse Wiese	20.50	3:06:07	9:04	3	44:08	88	3:06:07	60.50	7:39:32	7:35	1	-	37	53:34	-
□□	6.50	55:16	8:30	2	7:40	88	30:08	67.00	8:34:48	7:41	1	-	80	3:43:03	-