



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

□□□□

Penka, Sebastian

□□: Lübeck

□□: 1771

□□: 67.00 km

67 km DUV-DM

□□□□:

Männer

□□□: 8:39:37

□□: 7.74 km/h

□□□□: 7:46 min/km

□□□□□/□□□: 96 (of 118)

□□□□□/□: 81 (of 95)

□□□□□□: 4:51:45

□□□□□: 7(of 8)

□□□□□□□: 5:01:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:28:53	7:38	7	1:02:36	86	1:02:36	19.50	2:28:53	7:38	7	57:28	25	28:10
Kühude	20.50	2:32:22	7:25	7	1:03:10	83	1:04:32	40.00	5:01:15	7:31	7	1:58:06	25	56:51
Nasse Wiese	20.50	2:49:11	8:15	8	1:16:34	79	2:49:11	60.50	7:50:26	7:46	7	3:14:40	24	1:04:28
□□	6.50	49:11	7:33	8	23:39	81	24:03	67.00	8:39:37	7:45	7	3:38:19	81	3:47:52