



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Klesse, Michael

□□: Team Jobcenter Osnabrück

□□: 3057

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 10:50:13

□□: 9.32 km/h

□□□□: 6:26 min/km

□□□□□/□□□: 13 (of 79)

□□□□□/□: 11 (of 65)

□□□□□□: 8:58:12

□□□□□: 1(of 20)

□□□□□□□: 10:50:13

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-----------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Nasse Wiese | 19.50 | 1:53:07 | 5:48 | 1 | - | 6 | 14:22 | 19.50 | 1:53:07 | 5:48 | 11 | - | - | 44 | |
| Kühude | 20.50 | 2:01:48 | 5:56 | 2 | 1:02 | 11 | 17:25 | 40.00 | 3:54:55 | 5:52 | 11 | - | - | 44 | |
| Rhein-Weser-Tur | 17.00 | 1:51:26 | 6:33 | 5 | 5:45 | 20 | 25:31 | 57.00 | 5:46:21 | 6:04 | 11 | - | - | 44 | |
| Kühude | 17.00 | 1:50:04 | 6:28 | 3 | 4:53 | 12 | 18:49 | 74.00 | 7:36:25 | 6:10 | 11 | - | - | 44 | |
| Nasse Wiese | 20.50 | 2:34:20 | 7:31 | 6 | 6:17 | 18 | 28:37 | 94.50 | 10:10:45 | 6:27 | 11 | - | - | 44 | |
| □□ | 6.50 | 39:28 | 6:04 | 7 | 8:33 | 23 | 8:33 | 101.00 | 10:50:13 | 6:26 | 1 | - | - | 11 | 1:52:01 |