



# 7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Klasse, 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