



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Rollwage, Stephan

□□: RSV-Germania-Heene

□□: 3102

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M50

□□□: 10:59:41

□□: 9.19 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 15 (of 79)

□□□□□/□: 13 (of 65)

□□□□□□: 8:58:12

□□□□□: 3(of 20)

□□□□□□□: 10:50:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:13:42	6:51	9	20:35	35	34:57	19.50	2:13:42	6:51	19			46	7:10
Kühude	20.50	2:08:38	6:16	4	7:52	20	24:15	40.00	4:22:20	6:33	19			46	
Rhein-Weser-Tur	17.00	1:46:03	6:14	2	0:22	12	20:08	57.00	6:08:23	6:27	19			46	
Kühude	17.00	1:51:31	6:33	4	6:20	13	20:16	74.00	7:59:54	6:29	19			46	
Nasse Wiese	20.50	2:28:03	7:13	1	-	9	22:20	94.50	10:27:57	6:38	19			46	
□□	6.50	31:44	4:52	2	0:49	2	0:49	101.00	10:59:41	6:31	3	9:28		13	2:01:29