



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Lech, Hardy

□□: Coaching&Supervision Oberhausen

□□: 3064

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M55

□□□: 11:00:38

□□: 9.17 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 16 (of 79)

□□□□□/□: 14 (of 65)

□□□□□□: 8:58:12

□□□□□: 1(of 7)

□□□□□□□: 11:00:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:12:12	6:46	3	2:54	30	33:27	19.50	2:12:12	6:46	1	-	47	5:40	
Kühude	20.50	2:06:28	6:10	1	-	15	22:05	40.00	4:18:40	6:28	1	-	47		
Rhein-Weser-Tur	17.00	1:49:31	6:26	1	-	16	23:36	57.00	6:08:11	6:27	1	-	47		
Kühude	17.00	1:53:27	6:40	1	-	15	22:12	74.00	8:01:38	6:30	1	-	47		
Nasse Wiese	20.50	2:22:54	6:58	1	-	7	17:11	94.50	10:24:32	6:36	1	-	47		
□□	6.50	36:06	5:33	1	-	11	5:11	101.00	11:00:38	6:32	1	-	14	2:02:26	