



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Suffrian, Andreas

□□□: 11:03:32

□□: Fintel - Lüneburger Heide

□□: 9.13 km/h

□□: 3087

□□□□: 6:34 min/km

□□: 101.00 km

□□□□□/□□□: 18 (of 79)

101 km Lauf

□□□□□/□: 16 (of 65)

□□□□□□: 8:58:12

□□□□:

□□□□□: 5(of 20)

Senioren M50

□□□□□□□: 10:50:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:04:14	6:22	3	11:07	17	25:29	19.50	2:04:14	6:22	17		49	
Kühude	20.50	2:06:59	6:11	3	6:13	17	22:36	40.00	4:11:13	6:16	17		49	
Rhein-Weser-Tur	17.00	1:48:54	6:24	3	3:13	15	22:59	57.00	6:00:07	6:19	17		49	
Kühude	17.00	1:55:28	6:47	5	10:17	17	24:13	74.00	7:55:35	6:25	17		49	
Nasse Wiese	20.50	2:30:58	7:21	3	2:55	13	25:15	94.50	10:26:33	6:37	17		49	
□□	6.50	36:59	5:41	5	6:04	15	6:04	101.00	11:03:32	6:34	5	13:19	16	2:05:20