



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Kaufmann, Rolf

□□□: 11:23:21

□□: TV Attendorf

□□: 8.87 km/h

□□: 3142

□□□□: 6:46 min/km

□□: 101.00 km

□□□□□/□□□: 22 (of 79)

101 km Lauf

□□□□□/□: 18 (of 65)

□□□□□□: 8:58:12

□□□□:

□□□□□: 6(of 20)

Senioren M50

□□□□□□□: 10:50:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:03:54	6:21	2	10:47	16	25:09	19.50	2:03:54	6:21	16		51	
Kühude	20.50	2:10:30	6:21	6	9:44	23	26:07	40.00	4:14:24	6:21	16		51	
Rhein-Weser-Tur	17.00	1:56:48	6:52	8	11:07	26	30:53	57.00	6:11:12	6:30	16		51	
Kühude	17.00	2:02:46	7:13	9	17:35	26	31:31	74.00	8:13:58	6:40	16		51	
Nasse Wiese	20.50	2:34:11	7:31	5	6:08	17	28:28	94.50	10:48:09	6:51	16		51	
□□	6.50	35:12	5:24	3	4:17	9	4:17	101.00	11:23:21	6:45	6	33:08	18	2:25:09