



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

□□□□

Wille, Thomas

□□: LG Emsdetten

□□: 3094

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M45

□□□: 11:50:56

□□: 8.52 km/h

□□□□: 7:02 min/km

□□□□□/□□□: 30 (of 79)

□□□□□/□: 25 (of 65)

□□□□□□: 8:58:12

□□□□□: 6(of 18)

□□□□□□□: 9:26:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:12:06	6:46	8	33:20	29	33:21	19.50	2:12:06	6:46	14	5:34	58	5:34
Kühude	20.50	2:06:58	6:11	6	22:25	16	22:35	40.00	4:19:04	6:28	14		58	
Rhein-Weser-Tur	17.00	1:52:14	6:36	7	21:49	23	26:19	57.00	6:11:18	6:30	14		58	
Kühude	17.00	2:08:06	7:32	9	26:59	34	36:51	74.00	8:19:24	6:44	14		58	
Nasse Wiese	20.50	2:52:02	8:23	6	36:44	28	46:19	94.50	11:11:26	7:06	14		58	
□□	6.50	39:30	6:04	4	5:54	24	8:35	101.00	11:50:56	7:02	6	2:24:40	25	2:52:44