



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch

Bödefeld / 11.05.2013

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Schmidt, Uwe

□□: LT Hennef/Sieg

□□: 3078

□□: 101.00 km

101 km Lauf

□□□□:

Senioren M55

□□□: 12:05:40

□□: 8.35 km/h

□□□□: 7:11 min/km

□□□□□/□□□: 33 (of 79)

□□□□□/□: 28 (of 65)

□□□□□□: 8:58:12

□□□□□: 2(of 7)

□□□□□□□: 11:00:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Nasse Wiese	19.50	2:09:18	6:37	1	-	22	30:33	19.50	2:09:18	6:37	2			61	2:46
Kühude	20.50	2:22:05	6:55	5	15:37	40	37:42	40.00	4:31:23	6:47	2	12:43		61	4:32
Rhein-Weser-Tur	17.00	2:00:09	7:04	4	10:38	33	34:14	57.00	6:31:32	6:52	2	23:21		61	
Kühude	17.00	2:07:03	7:28	3	13:36	31	35:48	74.00	8:38:35	7:00	2	36:57		61	
Nasse Wiese	20.50	2:49:09	8:15	4	26:15	26	43:26	94.50	11:27:44	7:16	2	1:03:12		61	
□□	6.50	37:56	5:50	2	1:50	18	7:01	101.00	12:05:40	7:11	2	1:05:02		28	3:07:28